

# **FREQUENCY RESEARCH MANUAL**





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## **YOU ARE ONE OF THE PIONEERS!!!**

You are one of the fortunate few. We salute you as one who has the courage and foresight to search for answers that may not be available to the rest of the world for many years to come.

This manual contains research procedures for the use of Bio-active Frequencies - frequencies used experimentally support achieving and maintaining a healthy status. It also provides details on all the common uses for Bio-energetic frequencies and instruments.

This handbook is available only to Bio-Active Frequency instrument owners and researchers. It is vital to read ALL OF THIS MANUAL before attempting to use the frequencies in the tables. Information presented in this manual is for research, experimental and investigational use only. No results are guaranteed or implied. All research presented must be considered anecdotal. Results may vary.

**Before using your Bio-active frequency instrument, please read this manual thoroughly and use common sense. Be sure that your instrument is of the kind this manual was written for.**

## **INTRODUCTION TO FREQUENCIES IN THIS MANUAL**

These frequencies are suitable ONLY for use with bio-active frequency instruments such as Quantronics, ScalarTronics, Infinitech, ElectroMagic, AstroPulse, NatureTronics, Energy Wellness, BioSolutions, Global Wellness or any instrument that uses the same format.

### **REPORTED ADVERSE EVENTS OF BIO-ACTIVE FREQUENCIES**

Each species of life has its own unique electronic signature. Every microorganism has its own specific molecular oscillation pattern.

All bio-active frequency channels published in this manual are without any reported adverse events from the users.

## **USE NOT GOVERNMENT REGULATED**

Individual use of frequencies is not government regulated. Your personal experiments and research with frequencies upon yourself are acceptable within the law. There are many uses of frequencies available to you. In the European Community and some other jurisdictions the device is permitted to be used in response to pain. In the U.S.A. the device is "grandfathered" as being in use prior to 1972.

**NOT INTENDED TO TREAT DISEASE, SUPPORT OR SUSTAIN HUMAN LIFE, OR TO PREVENT IMPAIRMENT OF HUMAN HEALTH; FOR FREQUENCY FEEDBACK DELIVERY, SELF-EDUCATION AND RESEARCH PURPOSE ONLY.**

Specific uses of the instrument, rather than the instrument itself, may be restricted until approved for the medical profession. Caution should be taken for accepting money under categories or "practice" of medicine.

This manual is distributed to frequency instrument owners in many different countries. Regulations vary in each, as does the interpretation by local authorities. No manual can cover them all. In the event of a conflict, nothing in this manual is intended to encourage the use of a bio-active Frequency instrument in any manner unauthorized in your country.

In spite of experience and research, no one can anticipate every circumstance, and every possible error, which might be encounter by those using Bio-active frequencies. Therefore we cannot assume liability for errors, omissions or damages.

## **COMMON SENSE**

Remember to use common sense with this manual. It is impossible to anticipate every possible mistake anyone could make with this technology or their instrument. When in doubt about what to do, reread all available literature and proceed conservatively.

It is up to the user to exercise due caution. We cannot assume responsibility for misuse or unauthorized use which violates existing regulations. Your use of bio-active frequency is strictly experimental and

voluntary. Seek competent council with your physician or health care practitioner before using bio-active frequencies. Certain conditions may exclude you from experimenting with bio-active frequencies. Read this manual in its entirety before starting.

## **THREE RULES FOR SUCCESS**

### **1. CHOOSING THE CORRECT FREQUENCY:** **RESULTS ARE POSSIBLE ONLY IF THE CORRECT** **FREQUENCY PATTERN IS USED**

Bio-active frequencies are considered safe to use because each bio-active frequency resonate only one type of organism *and is harmless to anything with a different genetic code.*

Since every variety of organisms has a different genetic code, every organism requires a different frequency. If you use the **wrong** frequency on an organism, naturally it would have no effect.

This is important because many different organisms **attack** the same tissues, and may cause similar discomforts. It is hard to **tell which** one is causing the problem, even with current lab techniques.

Since each organism is affected by a different frequency, it is important to use all the frequencies listed for that problem in the table of conditions. (The detox and parasite frequencies may also help.)

**Unlike antibiotics, the frequencies listed herein are harmless. You can use as many as you want, as long as the speed at which your body removes toxins is tolerable.**

Some Bio-active Frequencies, Channels 1 thru 28 are microbial and affect more problems than all other frequencies combined.

You should always try these if the first frequencies you try do not produce the required results.



The second most effective frequencies are detox numbers, 29, 41, 58, 61, 71, 87, 88, and 105. These stimulate the removal of toxins.

The third most effective group is, 29, 42, 45, 48, 58, and 86. These are primarily for parasites and amoebae.

However, the table of conditions in this manual is the most effective place to start. The frequencies most frequently reported as successful for each condition are shown next to the name of the affliction. However, this listing is not to imply or intend any treatment of same. Providing frequency feedback supports normal response to whatever conditions occur.

Remember that if drainage is neglected, the most effective frequency may create a temporary increase in discomfort.

### **How To Identify The Best Frequency**

- A. Look at the table and select 5 or 6 frequency pattern numbers listed with that condition. Test them using 3 minutes per frequency.

Channels # 1 through 29, 41, 71, 87, 88, and 105 are the first to test. Since the effect you want will be obvious within 6 hours, if the correct frequency is in this group. Other numbers may take longer, because they are intended to stimulate tissue regeneration.

- B. If there is no change in discomfort, test a second group of numbers taken from the Table under the same conditions.
- C. When you find a group of 5 or 6 numbers that produces a benefit (temporary increase in symptoms may indicate good results) you may wish to stop there and use that entire group of numbers at each session.

By testing the numbers one at a time and watching for an effect, you often can narrow the group of five down to one.

It takes only 5 to 15 minutes to test 5 numbers. But if you need immediate results, use all the numbers.

## **Why you may want to experiment** **With other frequencies**

As previously explained, different organisms may attack the same tissue with similar discomfort.

### ***For example:***

Arthritis in joints and muscles may be associated with any of these micro-organisms:

- (a) Influenza (an infinite variety of mutant flu viruses)
- (b) Pneumococci
- (c) Tuberculosis
- (d) The gonorrhea organism, Neisseria
- (e) Lyme Disease (Borelliosis, transmitted by ticks)
- (f) The syphilis spirochete
- (g) An unclassified amoeba (which labs often mislabel)
- (h) A Coxsackie-type virus which colonizes the intima, as in Raynaud's disease
- (i) A cell-wall deficient phase of a mycobacterium, presently in acromegaly
- (j) A prior (self-replicating, non DNA protein) present in psoriasis
- (k) An unclassified virus observed in cases of fibromyositis
- (l) Unclassified viruses in the tuncia mucosa coli of individuals afflicted with ulcerative colitis
- (m) Unclassified viruses in neurogenic disturbances
- (n) The Bx cancer virus (Cryptocides primordiales)



(o) Cell-wall deficient organisms in cases of bursitis, gout, myositis, etc., associated with altered permeability of the tunica mucosa coli (different life cycle)

(p) Rheumatic fever strains of strep

The list goes on and on, and these are just the organisms KNOWN to be associated with arthritis! There are probably even more of them that we don't know about yet.

### **Every one of these Organisms Requires a Different Frequency**

Obviously, if you used just one frequency, and it happened to be the wrong frequency, you would see no benefit for the arthritis.

So if you don't want to test 5 to 10 frequencies to find the one that works, just use all the frequency numbers listed for that condition. Or you can isolate the 1st effective single frequency in about 15 minutes, but that can delay results.

Remember – most problems are affected by channels 1 through 28. That's a good place to start, but try all the frequencies available if you have an automatic program. Most of the other frequencies are used mainly for research with tissue regeneration, detoxification, parasites, mood change and nervous system disorders.

## **2. THE SECOND RULE FOR SUCCESS IS THE CORRECT PLACEMENT OF ELECTRODES:**

**Electrode-** any appliance attached to the body for the conduction of energy or frequency into the body.

**Hand electrodes-** be sure to touch all fingertips (including thumb) to allow proper conduction through the hands and arms.

**Feet electrodes-** all toes and balls of the foot must touch to allow proper conduction through the feet and legs.

### **BEST TO USE ELECTRODES ON THE HANDS** **WHEN THESE ORGANS ARE INVOLVED:**

- a) Any organ above the diaphragm (lung, brain, teeth, etc.)
- b) Large and Small Intestine, (EXCEPT STOMACH)
- c) Immune system, including allergies.
- d) Endocrine system (glands & reproduction)
- e) Vascular system (blood vessels)

(NOTE: We do not endorse use of this instrument for medical conditions.

### **BEST TO USE ELECTRODES ON THE FEET** **WHEN THESE ORGANS ARE INVOLVED:**

- a) Stomach
- b) Liver and Gall bladder
- c) Pancreas and Spleen
- d) Kidneys and Urinary Bladder
- e) Tendons, Joints, Skin, Scars, Fibroids, Connective tissue in general.

### **APPLYING ELECTRODES DIRECTLY OVER THE** **AFFLICTED AREA**

Normally, the easiest way to deliver frequencies for an afflicted organ is to hold the cylinders in the hands, or rest the feet on the metal plates. The energy pathways (meridians) in the hands and feet distribute frequencies all over the body.

But sometimes these energy pathways are blocked by tiny scars or toxins. They may then block frequencies to the target area. Therefore, a better method for delivery of frequencies to a targeted area is direct application of electrodes directly over and behind an afflicted organ.

This eliminates the risk of a blocked meridian failing to carry frequencies to that organ. But be sure the afflicted area lies exactly on an imaginary straight line drawn between the two electrodes. Even slight deviations in placing the electrodes can mean the difference between success and failure.

Loosely-applied electrodes may sting. This can happen if there are slight gaps between skin and electrode, or if the subject shifts position. Therefore, strap the cloth covered metal plate electrodes flat and firmly against the skin with ACE elastic bandages, athletic sweatbands or Velcro bandages.

You may prefer to lie in a prone position on top of one metal plate, with the other electrode flat on top of you.

**CAUTION:** When using metal plates, always use a damp cloth and moisten, preferably with a water and sea salt solution. Also, use a damp cloth in the same manner when using the hand-held electrodes on the body. No damp cloth is necessary when electrodes are held in the hands.

### **IF THERE IS NO TINGLING SENSATION**

A tingling sensation indicates that the power is sufficient to do the job. You may be unable to feel tingling when applying frequencies to large areas of the body.

The manufacturers of most instruments limit the available power to low levels that are safe for subjects with an unrecognized heart condition. Therefore, some researchers use foot immersion to dramatically increase penetration of the frequencies through soles of the feet. This is done by putting the metal plates in 2 separate plastic buckets of water and placing one foot in each bucket. The electrodes must be in 2 separate plastic buckets. If the feet are in the same container (like a tub) the current flows through the water instead of the body and there is no control over where the frequencies go.

However, we can't recommend the bucket method, as effective as this may be, for reasons of potential liability. It is too risky from a legal standpoint for us to recommend using your instrument around water, even if your particular instrument is so well electrically isolated from wall current that the shock hazard is non-existent.



## **BLOCKED ENERGY PATHWAYS**

Transmitted frequencies are carried to all parts of the body more or less evenly. But electrodes use energy pathways and acupuncture meridians to distribute frequencies to the target organ. Scars as tiny as 3 millimeters across can block meridians from carrying frequencies from the electrodes to the target area.

### **3. DRAINAGE: The Third Rule For Success**

When hundreds of millions of toxins are present at the same time, they may temporarily aggravate discomfort.

However, it is possible to avoid aggravation simply by drinking enough water to flush toxins out of the body as quickly as they are released. Unless these toxins are flushed out of the body rapidly, they can intensify any discomfort.

Therefore, it is very important to flush the body by drinking as much purified water as possible. Tap water is too impure and it adds other toxins.

**Flushing out toxins is just as important for success as using the correct frequency. Detoxification frequencies are listed in the table of conditions.**

Drinking water should be given to the subject at least 30 minutes before any food or drink and at least 3 hours after eating. Water must be given on an empty stomach to be effective in flushing toxins out of the body. The minimum water required is one ounce of water for every kilo (or 2.2 pounds of body weight). That is at least 8 full glasses of water per day for a 125 pound subject.

## **WHAT EFFECT ARE YOU LOOKING FOR?**

The response you are looking for could be either:

- a) the sudden disappearance of all symptoms
- b) an increase in discomfort, if drainage is poor.

**Remember:** a temporary increase in discomfort is possible if the subject neglects to drink enough water to flush out the toxins released. Toxins cause nearly every kind of symptom.

If discomfort becomes worse flush toxins out with more drinking water. Use the detox frequencies and skip a session, if necessary.

Detox numbers are so important they should be added to any sequence of frequency patterns. Whether used when concerned about or on a toxic exposure, these frequencies may be very useful in speeding recovery.

Conditions which appear to be caused by viruses may actually be caused by toxic exposure. The symptoms may be very similar, including fever, blocked metabolism and poor immune response.

Even if you are dealing only with infection, detox frequencies may still aid in speeding recovery. They accelerate the elimination of toxins released by dead microbes (via kidneys, skin, lungs and colon).

Flushing out toxins with purified water is still essential for recovery when using detoxifying frequencies even though some of these toxins may not be water soluble.

It should be remembered that millions of tons of toxins are added to our air, food and water every day. And hundreds of brand-new cancer-causing toxins are added to the drugs, pesticides and industrial chemicals each day. In this deluge of toxins, some probably exist which do not respond to the detox frequencies.

Once certain toxins bind to functional cell groups and block metabolic pathways, it is next to impossible to remove them from the cell. The Koch reagents were once used for this but today they seem to be ineffective with the new carcinogens. "Dr. Rife demonstrated that just one billionth of a gram of a common carcinogen could block

metabolism and drastically accelerate replication of the cancer virus. We don't know yet what the breaking point is for human metabolism when there is drastically accelerated replication of the cancer virus. But we're getting close. This deluge of 20<sup>th</sup> century-carcinogens may be the reason that the incidence of cancer has increased from 1 in 24 Americans in the year 1900, to 1 in 3 today (in a lifetime).

**DETOXIFICATION BATH:** This bath is considered most beneficial for any detoxification and body cleanse program. Daily full bath: use 2 cups of Epson Salt (or Sea Salt) and 2 cups Hydrogen Peroxide (3% solution). For foot bath: ¼ cup Epson Salt (or Sea Salt) and ¼ cup Hydrogen Peroxide. Water temperature should be as hot as one can comfortably bathe in. Length of time: 20 minutes. This detox bath will help draw toxins out through the skin or dermal layers.

## **TEMPORARY INCREASE IN DISCOMFORT**

### **Why a temporary increase in discomfort can be good sign!**

When organisms die, their internal toxins are released as they disintegrate. These toxins can create the same discomfort as the problem.

When massive numbers of disease organisms are killed, their toxins must be flushed out of the body as rapidly as they accumulate. This is easily done by giving the subject 8 to 10 glasses of water each day.

If toxins are allowed to build up from hundreds of millions of organisms all dying at the same time, this may result in temporary aggravation of discomfort.

Feeling worse can mean that drinking adequate water was neglected. However, it's probably a very good sign. It means you have found the frequency that will respond to the organism, and your subject will likely recover.



To be most effective, this water must be taken when the stomach is empty – 30 minutes before meals or 3 hours afterward. The detox frequencies speed things up, but always use drinking water with the detox frequencies, or the frequencies will be of little use.

**Remember:** the increase in discomfort comes only from the toxins released. Many years of testing prove a complete ABSENCE of any reported adverse events for frequencies listed in this book.

**REMEMBER:** if discomfort increases, it is vital to drink MORE purified water to flush away toxins released.

Nevertheless, it's also important to eliminate any external factors responsible for making the subject feel worse.

**For Example:**

Other factors increasing symptoms that produce harmful side effects are: prescription drugs, exposure to toxic chemicals in the work or home environment, or debilitating factors such as lack of sleep, overexertion, chilling, stress, or excessive food, tobacco, alcohol, or sugar.

In other words, if external factors are eliminated, a logical conclusion is that when symptoms Increase, you are using a frequency that is effective at helping your body heal.

Think of drinking water as a true remedy. Nag your subject until this is engraved on his brain. Urge keeping a jug of purified water in the car, so the subject has no excuse for neglecting his/her daily 8 to 10 glasses of water.

## **MISTAKES WHICH COULD PREVENT SUCCESS**

- a. **Using the wrong frequency – this is the most common mistake.**  
If you don't have the time to isolate the correct frequency or use them all, the most effective microbial frequencies reported are numbers 1 through 28. These microbial frequencies will most often bring the desired success. If not, test the detox and parasites frequencies. (Check table of conditions for listings.)

The table of conditions is only a guideline which reflects what works most often. If what you are working on is a rare problem, you may want to try the other frequencies in an automatic program installed in your instrument.

- b. **Using the right frequency in the wrong place.**

The target organ or tissue determines whether you should apply your electrodes to the hands or the feet.

*The electrodes may have been used on the hands when they should have been applied to the feet. Also consider that if you are not getting results, a meridian may be blocked. Then apply the electrodes directly over the target organ and behind it.*

- c. **Is drainage adequate?**

Since toxins actually PRODUCE symptoms, if toxins are allowed to accumulate, so will the symptoms. So, flush them out fast.

- d. **Too many frequencies for too long?**

This is generally significant for only the first few sessions. In severe cases, the effect is very similar to inadequate drainage.

Using just ONE frequency may affect a few hundred million cells. But using ALL THE FREQUENCIES AT ONCE affects so many cells, that it could overtax the ability of the circulatory system and organs to clear toxins as fast as they are released. Depending on the condition of the individual, the toxins themselves could then intensify symptoms or create new ones. The presence of too many toxins can create a feeding frenzy for other opportunistic infections. Do not affect more than your systems can handle.

Of course, the correct response is to use the detox frequencies instead of the regular frequencies and to immediately increase the

drinking water to flush out toxins; then resume with fewer frequencies only when symptoms subside.

**e. Was use discontinued too soon?**

**Remember that** any safe therapy should be continued even after discomfort disappears. It is safe to use published frequencies which have all been tested without adverse events reported.

One reason to continue use past recovery is to affect emergent phases in the life cycle of the pathogen as it matures. Each bioactive frequency affects only one stage of the life cycle of the organism.

**f. Geopathic disturbances.**

If you observe initial improvement, and subsequent relapses with every therapy you try, it is time to check for geopathic zones and focal disturbances. (Check with your distributor for assistance in identifying and neutralizing geopathic zones.)

We have reports of patients recovering with therapy that previously failed to help. This happens when they moved their bed or desk off a narrow band of geopathic radiation. There are cases on record of a husband acquiring an ailment in the same area of his body as his wife when he simply began to sleep on her side of the bed.

These zones may range from six inches to several yards in width. They may run at any angle across a room. So it is hazardous to move the sleeping location without first mapping the zone boundaries.



## **HOW LONG IS EACH FREQUENCY USED?**

**GEOPATHIC STRESS CAN PREVENT ANY THERAPY FROM SUCCEEDING. Be sure it is not a factor in your case**

The average time is 3 minutes per frequency selected. The first time, use 1 minute per frequency. If toxins do not accumulate, you can then go to 3 minutes per frequency.

The time should be varied for the response of the subject. Heavily infected individuals, when entrenched with persistent afflictions, might be limited to 1 minute per frequency until the toxins from such vast numbers of cells are eliminated.

Sometimes the subject is embarrassed to admit he is not complying by drinking enough water to eliminate toxins. Easily detected signs of inadequate drainage are sluggishness, headaches, fatigue, yellowish skin, pain, swelling or return of symptoms.

For chemically sensitive individuals, one minute per frequency is a good place to start. It is also necessary to eliminate geopathic radiation exposure and parasites.

The time is gradually increased to 3 minutes and a session is skipped if the subject is sluggish. This is also a guideline for experiments with AIDS and other debilitated individuals.

Five minutes is about the maximum ever used for most microbial frequencies, such as Channels 1 through 28.

Some of the other frequencies do respond better to longer times. For example, the headache frequency channel 40 and the menstrual cramp frequency channel 57 are far more effective if allowed to remain running until the subject indicates that all pain has disappeared.

*Frequencies should be used carefully on the head, limiting intensity if the electrical stimulation produces visual effects. Sessions on the head should be discontinued if the subject experiences anything unusual, such as exacerbation of dizziness.*

Juvenile stages of the life cycle of a microbe are different from the mature stage of the same genus of microbe. These spore stages can also withstand extreme heat and radiation. Eventually, these stages in the life

cycle mature, at which time, they must be eliminated in order to prevent relapse. This is why sessions must be repeated, even when discomfort disappears rapidly.

Keep in mind that after the microbes are gone, the body needs time to regenerate, rebuild nutritional reserves and restore vitality.

Geopathic radiation damages DNA, and will prevent recovery regardless of any therapy. Avoid using copper sheets, aluminum foil, etc., as they stop working when "saturated" with too much radiation. To rebuild vitality, a diet of fresh raw fruits and vegetables, plenty of sunlight, drinking water and appropriate exercise are of great importance.

### **FOR ACUTE CONDITIONS:**

#### **(Conditions that are developed suddenly, recently, and are temporary in nature)**

The following schedule is intended only as a suggested guideline. Many variables, including age, vitality and condition of the subject will determine the length and course of treatment.

**One to three sessions daily (if drainage is good), and 1-3 minutes per frequency**

**Usually discomfort disappears the first or second day. However, even if symptoms disappear within hours, it is important to continue sessions for 4-5 days.**

To prevent reinfection, you must eliminate other stages of the life cycle as they mature. Remember that multiple stages in the life cycle of microbes were confirmed by Dr. E.C. Rosenow, Sr. (Chief of Bacteriology at the Mayo Clinic), working with Royal R. Rife.

If the subject feels worse afterward (sluggishness, hangover, increased discomfort) due to release of vital toxins, skip a day, increase drainage, use detox numbers, and resume administration of frequencies less aggressively.

## **FOR CHRONIC CONDITIONS:**

### **(Entrenched and Persistent)**

#### **First Day:**

If pain or previous symptoms are severe, do one session at 1 minute on each frequency. Skip a session, if still sluggish the next day. If symptoms are moderate, 3 minutes per frequency is average. Adjust to suit subject's symptoms. One session only is suggested on the first day.

#### **For the next three days:**

For those who started with 1 minute, gradually increase this to three minutes per frequency and use once a day. All others use 3 minutes.

If the subject feels better after the first session, use each frequency for 3 minutes, one to three times daily. Cut back if sluggish.

If the subject feels temporarily worse, increase drainage (see page "Drink Good Water") and/or skip a session. This is because toxins could be released faster than they are carried away.

#### **After four days:**

Once every other day (skip a day between sessions) until discomfort is not only gone, but there is no chance of relapse.

## **HOW LONG SHOULD USE BE CONTINUED?**

When the immune system has been devastated by, a suggested schedule is to continue sessions **once every 3 days, for three times as long as it took for all discomfort to disappear.**

**With very serious conditions, it is wise to continue periodic use on a regular basis to ensure against recurrence or relapse.**



**Unfortunately, many drugs are far too toxic to use as preventive maintenance against relapse.** Even prolonged use of aspirin may produce damage to kidneys, stomach, the immune system and arteries. (Aspirin reduces cardiac arrest but equally increases the risk of stroke.)

And of course chemotherapy and radiation would soon kill any patient using them as "regular preventive medicine."

Bio-active frequencies can be used daily without any harmful effects. All frequencies published in this manual have been in use without reported adverse reactions.

## **FREQUENCY AND LIFE EXTENSION**

Some researchers believe there may be possible life-extending qualities associated with certain Bio-active Frequencies.

Experimenting with frequencies in this manner is quite acceptable for anyone to perform on anyone else, since the purpose is simply to investigate life extension.

Frequencies under investigation for life extension include 29, 41, 71, 87, 88, 105, and 20 among others. Frequencies that detoxify, cleanse and eliminate parasites and those which affect pathogens may incidentally extend life as a side effect.

The effect of these specific bio-active frequencies on Royal R. Rife illustrates that point. Rife used bio-active frequencies almost daily for many decades. Rife survived 31 years of chronic alcoholism. He died under suspicious circumstances at age 83, while hospitalized for alcoholism and given Valium. Every doctor knows that valium arrests breathing in alcoholics.

Whether or not Rife died of foul play, one thing is clear; any man who could survive 31 years of alcoholism and die only when administered a lethal dose of Valium at age 83, was apparently using something that regularly restored his vitality.

## **FACTORS WHICH SPEED RECOVERY:**

Investigating life extension with Bio-active frequencies is a promising research project and another lawful use of such instruments.

The most important factor is adding the maximum amount possible of water and raw foods to the diet. Increased vitality is frequently apparent and lasts for 4 to 6 hours. We already know that drinking purified water between meals flushes toxins out of the body. But why are raw foods so helpful?

Why are wild animals free of the cancer, cardiovascular disease and diabetes that are seen so often in slaughtered livestock? The only significant difference is: wild animals absolutely never cook or process their food. Wild apes, ten times as strong as men, don't either.

Also, the Price-Pottenger Foundation of San Diego has fascinating documentation proving that every primitive tribe studied develops diseases, unknown in its entire history, when it begins to use "civilized" cooked foods. Man's genetic code evolved long before fire and food processing. This genetic code was designed to use raw, rather than cooked food, for metabolism and repair.

The dangerously altered diet mankind has eaten for the last 100 years has scarcely altered what our cells require. However, in those 100 years, mankind has changed almost everything about the way he has lived and eaten for millions of years.

Meanwhile, our DNA has only changed .0001 percent in the last 10,000 years – meaning that before our DNA can evolve to replace missing nutriments in processed or cooked foods, mankind will succumb to many degenerative diseases. And it already has.

Even if science discovers all of the hundreds of thousands of enzymes available in raw food, and somehow replaces them all in processed food, we will still have degenerative disease caused by changes in our diets. That is because cooked food, unlike raw food, creates "clinkers." This cellular debris is created when molecules in food are denatured by heat, and their structure is changed. Such clinkers interfere with metabolic processes and promote aging and disease.

You should consume as much raw food as possible. Raw foods contain specific substances for rapid cell repair.

Making fruit smoothies and raw veggie drinks is actually faster than cooking the same foods. In about 5 minutes, you can blend frozen berries, bananas; pure fruit juices, etc. (Leave out the added sugar.) You can also add raw kefir. Try a blend of 1.5 cups water with a variety of sliced veggies in a blender. For protein, add a raw egg (Use only eggs from free-running hens. These can be found in health food stores. Raw eggs often carry salmonella if they are from factory hens raised in cramped quarters and fed processed foods.)

Diversity is essential. Eat as many kinds of raw food as possible. The more you eat, the more types of minerals and bio-chemicals you provide your body to fight disease. The modern diet, limited to a dozen vegetables or so, and three or four sources of protein, almost guarantees deficiencies of what our ancestors evolved to eat over millions of years. Our highly synthetic diet is incompatible with the needs of our cells.

**Raw foods are unable to destroy viruses, tumor cells or bacteria. Raw food is not a cure for cancer, although it may strengthen the immune system.**

But on the other hand, only raw foods provide the best materials to repair the damage of chronic illness. Processed foods merely add to the degeneration of the illness.

## **ENERGY DISTURBANCES WHICH CAN PREVENT ANY THERAPY FROM WORKING**

***This is a rule of thumb for any type of therapy:***

If the subject improves initially, then repeatedly hits a plateau or the gain is lost, this decline may be the result of an energy disturbance which blocks normal metabolism and tissue repair.

The most common causes of "hitting a brick wall" in recovery are Geopathic stress, toxic exposure, focal infection or parasites. Here is what to look for.

## **1. Focal Energy Disturbance**

A "focal" energy disturbance can be a hidden infection, or an acupuncture meridian blocked by toxins or scars. Such a "focus" may go undetected for years, draining energy and hindering metabolism without producing obvious disease. But when the patient does become ill, the focus blocks recovery with even the best therapy.

If the focus is a hidden infection, it is a continual drain on the immune system. If the focus is blocked by an acupuncture meridian, it hinders proper metabolism. A focal infection often develops after exposure to toxins in the jaw or appendix. A focal energy disturbance may develop in surgical scars, in the appendix, uterus or gall bladder.

Since a silent focus is without symptoms and is extremely difficult to identify on x-rays, its existence is ignored by U.S. medical schools. Diagnostic equipment for electronics detection of silent foci is used only in the most exclusive European clinics these clinics recognize that recovery from any chronic condition is almost impossible if a focal disturbance exists. The Issels Silbersee cancer clinic refused cancer patients until after any focal disturbance was removed. A focus "eliminated" with drugs or surgery frequently returns. However, sometimes even a very resistant focus may be eliminated by applying the frequency #1 through 29, 41, 58, 68, 71, 87, 88 and 105 to the blocked area until instruments or dowsing indicates clear.

The correct frequency must be applied directly over, under and across the blocked or infected area.

## **2. Geopathic Disturbance:**

This is another energy disturbance which can silently damage the body at the metabolic level, and block any therapy from succeeding.

Several different types of weak field disturbances in the earth's energy field can disrupt functions of DNA. These are collectively referred to as "geopathic radiation." Geopathic radiation causes gradual genetic degeneration. Over a period of years, it seriously disrupts metabolism in both plants and animals, by preventing the repair of DNA.

The correlation between cancer and geopathic stress is close to 100%. This does not mean that geopathic radiation directly causes cancer; it does



not directly cause any disease. It only causes the metabolic degeneration that encourages disease.

There is a universal law in nature: any kind of weakness or disability is an invisible signal to every predator, from wolves to vultures to parasites, to move in and take advantage of the prey.

Mankind has one remaining serious predator: the cancer virus, Cryptocides Primordiales. The body is left defenseless against the cancer virus by geopathic radiation, because it disrupts metabolism and weakens the immune system, much like radioactivity or a carcinogen. Royal R. Rife was the first to isolate the cancer virus (Cryptocides Primordiales) followed by many others. After filtering this virus to free it from the tumor cells, and injecting it into 400 lab animals, he filmed the development of tumors in all 400 animals. Rife's discovery of the cancer virus was later confirmed by Rosenow of the Mayo Clinic, Wilhelm von Brehmer, Gaston Naessons, Clara Fonti, Wilhelm Koch, and Eleanor Alexander-Jackson. Dr. Virginia Livingston renamed the cancer virus "progenitor Cryptocides," photographed in human sperm, and took credit for the discovery of the cancer virus after Rife retired. Hundreds of researchers using bio-active frequency instruments have confirmed the role of the cancer virus. But articles linking it to cancer are far less accepted than articles suggesting that cancer might have a genetic link. However, on closer inspection, only one study claims to have discovered evidence that cancer is genetic. This study (funded by U.S. pharmaceutical interests) found that 2% of those with certain cancers have a gene which produces a protein linked to rapid tumor formation. **They neglected to mention that the identical gene is also present in the general population in almost the same ratio!**

Cancer viruses have been dark-field photographed in sperm, apparently transmitting cancer into our offspring by injecting its own genetic code into the embryo. But the pharmaceutical industry prefers to manufacture evidence for the heredity theory. They have persecuted famous doctors like E.C. Rosenow and others for publishing findings which contradict the hereditary theory. The hereditary ("oncogene") theory supports the use of chemotherapy, and diverts attention from the fact that the cancer virus is just a viral infection, which can be eliminated with proper therapy. Respected doctors and scientists whose studies support Rife's discovery of the cancer virus include F.F. Friedmann, Mori, Rous, Schmidt, Spengler, Frick, Bechamp, Enderlein, Aaser, Bittner-Green, Dechow, Gye, Nebel, Rous, and more recently, doctors publishing in "JAMA" and "Nature." This is why the conventional medical establishment has been unable to dismiss

the role of the cancer virus entirely; unlike the research of others whose heresy threatened the "status quo."

### **3. Geopathic Fields and Cancer:**

A number of European government and medical studies have confirmed this correlation between geopathic zones and cancer.

The first studies were by Dr. Freiherr Gustav von Pohl in Germany, in the 1920's, after a Berlin study indicated a relationship he became curious about so called "cancer houses," houses where every occupant of the bedroom had died of cancer for hundreds of years.

With the German penchant for record keeping, Dr. Von Pohl mapped every geopathic zone running through all the houses in the Bavarian town of Vilsbiburg. Then he persuaded the mayor to compare his map with records of addresses where someone had recently died of cancer. In 100% of the houses where someone died of cancer, bands of geopathic radiation also ran through the victims' bedroom! There are about a dozen types of geopathic disturbances. At first, dowsers were used to detect them.

Later, special electronic equipment was developed for detection of geopathic interference fields, neutron beams, and associated radiation. Since that time, many studies have confirmed a nearly 100% correlation between geopathic radiation and cancer.

In addition to cancer, any part of the body lying in a geopathic disturbance zone during sleep develops degeneration and pain. Arthritis was also present in nearly all patients surveyed who were sleeping in a geopathic disturbance zone.

It is known that geopathic radiation can make recovery from any illness difficult or impossible. Sick patients go into a slow decline over a period of years, lingering and dying, without ever realizing that the underlying cause may have been a geopathic zone.

Expert dowsers are able to deflect many types of geopathic radiation. But as you will soon see, this may be subject to error. Unless you feel better after a dowser says he deflected the radiation, assume the radiation is still affecting you.

Geopathic interference bands are often only a yard wide, but miles long. Moving one's bed out of the disturbed field may result in better sleep and some relief that very night. But it may take several years for a geopathically stressed individual to recover completely because of DNA damage to his or her immune system.

For this reason, it is important to continue to use the bio-active frequencies even after recovery, and support one's health with fresh raw fruits and vegetables, exercise and full-body exposure to sunlight. These all contribute to gradual regeneration of tissue, in ways which can be observed, but are not yet explained by medical science. **Example:** British and German studies show that full-body exposure to sunlight reduces the need for insulin in diabetics, reduces high blood pressure by 40% for hours and days after a single (full body) sunbathing session, and moves plaque from the arteries to the skin, where it is converted to vitamin D. (Source: Z. Kime, M.D. Sunbathing will also lessen or stop Osteoporosis

**Important:** These effects are only possible with sunbathing. Artificial light is unable to produce all the correct frequencies present in sunlight, and windows and prescription eyeglasses block the ultraviolet frequencies.

According to Dr. Kime, the full-body exposure was any time between 10 and 2 p.m., and ended before reddening of the skin. Dr. Kime also stated that many medical studies indicate that carotene from yellow and green vegetables may prevent skin cancer. He recommends eating these vegetables liberally or taking carotene supplements if you are going to begin sunbathing.

So clearly, raw food, sun, and exercise are all valuable allies in the effort to repair metabolic damage. A good clinic specializing in detoxification and diet can help too. But it's all a losing battle, until the patient moves his bed out of the geopathic zone.

And remember: a cancer patient may also have to overcome metabolic damage from prior chemotherapy and conventional radiation "therapy." This is double jeopardy. Not only does he have to repair metabolic damage from geopathic radiation, but he also has to overcome new, secondary tumors popping up, because conventional therapy induces new metabolic errors and perpetuates this cycle.

To be fair, chemotherapy can be rapidly effective at eliminating tumorscells. But it also creates secondary tumors, since all chemotherapy drugs are carcinogens themselves. In order to meet FDA licensing

requirements, new chemotherapy drugs must be cystostatic, or toxic to cells. They are all carcinogens.

So the metabolic degeneration from chemotherapy and geopathic radiation allows the cancer virus to continually start new tumors. This is good reason for a cancer patient to continue to support his vitality with good nutrition, appropriate exercise and bio-active frequencies even if he remains healthy for the rest of his life.

Unfortunately, conventional medical tests are unable to detect the loss of most normal metabolic functions, until the cancer virus begins to transform normal cells to tumor cells. Then the tests can detect this "loss of differentiation." Conventional diagnostic tests are unable to detect metabolic damage in general, whether caused by geopathic radiation, smoking, prescription drugs or junk food.

Geopathic radiation does not cause cancer. But it inevitably weakens the body, thus assisting cancer viruses to transform normal cells into malignant cells.

Remember, we also suffer further metabolic damage from traces of carcinogens in everything we eat, breathe and use. The average diet is just as debilitating. It is stripped of so many natural protective nutrients that it is a miracle that it keeps us alive for 50 or 60 years.

It's not worth a lingering illness. Relocate your bed or desk only when you are sure where the geopathic zone runs. If you make a mistake, you might be moving your furniture into a more intense area of the disturbance. For accurate location of geopathic fields, you can use the average findings of three experienced dowzers. The American society of Dowzers in Dansville, Vt. 05828-0024 can refer you to the nearest chapter of dowzers. Or, check with your distributor for assistance in this area.

*This is a fairly reliable technique for locating geopathic zones in most cases:*

Simply invite three dowzers to dowse your house. Each dowser must survey your house one day apart. Let them mark the zones they detect on the floor, in chalk. Then record the exact measured location of the chalk marks on paper, and brush them off the carpet well before the next dowser arrives (to avoid any subliminal influence of seeing the previous dowser's chalk marks). The findings are inconclusive until the marks from all three dowzers coincide.

## **FACTORS NOT SUBJECT TO DIRECT CONTROL OF THE RESEARCHER**

### **Which may prevent or retard recovery?**

#### **1. Auto-intoxication**

If a research subject is busy destroying his body as fast as treatment can revive it, expect to see slow progress.

Some of these detrimental health habits include: inadequate exercise, smoking alcohol, junk food, excessive toxic exposure to pesticides, industrial poisons, prescription, recreational or over-the-counter drugs and exposure to toxic dental materials.

Toxicity data on the following dental materials: alumina, nickel (in stainless steel), palladium, gold, silver, mercury and various plastics are becoming common knowledge.

Some are toxic only under certain conditions. Mercury, for example, is inert until methylated by Candida in the saliva of those who eat sweets. Then it becomes roughly 100 times more toxic. The least toxic dental materials are titanium-based bridges and crowns and alumina-free ceramic/glass inlays.

#### **2. Poor subject compliance**

Irregular therapy, for example, may retard recovery. The subject may not understand the importance of continuing regular sessions even after symptoms disappear. It is recommended to continue sessions for half the time that it took to get rid of symptoms. Otherwise one may suffer a relapse or obtain only incomplete results.

Or he may neglect drainage, or disregard the effects of geopathic stress. Again, he may suffer a relapse and from then on blame the treatment instead of his own poor record.



### **3. Organ dysfunction due to previous injury or other therapy**

You may have no control over previous damage caused by trauma, disease or surgery, which may leave a fragile patient with less vital organ capacity than he needs to heal rapidly (or even to survive).

Chemotherapy and radiation also reduce the odds of success. At first, they may act quickly to eliminate tumors. But they leave metabolic pathways blocked and kill good cells in good organs and other areas of the body, which inevitably creates recurring and secondary tumors.

Chemotherapy leaves a subject susceptible to death from heart damage (virtually guaranteed with Adriamycin), pneumonia and kidney infection (due to immune system damage), and uncontrolled secondary and recurrent tumors (which are virtually immune to chemotherapy once it blocks metabolic pathways)

The immune system, which is the body's first and one of the best line of defense, will be severely compromised by these therapies. Thus, one must always take into consideration that the patient's chance of recovery may already be gravely compromised by prior therapy, of whatever type.

### **4. Malnutrition and impaired cell chemistry**

Another factor which may retard or prevent recovery is nutritional deficiencies. bio-active Frequencies act on microbes. They do not correct underlying dietary deficiencies. While there may be frequencies of some benefit here, they have not been identified.

Malnutrition creates a biological "terrain" that is weak. Nutritionally compromised or inferior tissues are constantly colonized by silent, low-level infections of viruses, fungi, parasites and bacteria.

Raw fruits and vegetables may help to keep you too healthy to get sick but they are still unable to kill a microbe. If the primary cause is underlying nutritional deficiency and its resulting symptoms, then only a good diet can assist to eliminate nutritionally caused symptoms. Bio-active Frequencies can then be applied more successfully for symptom elimination.

Recovery may also be unsatisfactory if the underlying cause is actually metabolic defects caused by exposure to toxins, or inherited disease. The

detox frequencies may be of great benefit. But there are millions of carcinogens and toxins, and we don't know yet if they all respond to frequencies.

## **5. Geopathic stress.**

Geopathic radiation creates hidden metabolic damage that may silently prevent recovery, with any therapy. See prior pages on geopathic disturbances.

## **6. Miscellaneous factors which retard recovery**

Examples are advanced age, congenital disease, prior frail health immune incompetence, unsupportive relatives, etc. (Frequently relatives are hostile to alternatives.)

It is also important that other types of therapy do not conflict with each other. Use of bio-active frequencies is the only protocol that is entirely compatible with all known forms of therapy.

### **IMPORTANT INFORMATION!**

### **CONCERNING CARDIOVASCULAR DISEASE**

Among researchers, word has circulated regarding cardiovascular deterioration caused by viruses (such as Coxsackie A and B) that were rapidly arrested with the use of bio-active frequencies. But we have our reservations about using frequencies on cardiovascular conditions.

There have been no negative incidents reported. Nevertheless, we emphatically wish to discourage the use of bio-active frequencies in cardiovascular cases, simply because of the unpredictability of cardiovascular conditions. In cardiovascular disease, a cardiovascular

incident could occur at any time, triggered by any number of other factors, including previous damage from heart medication. There are always a few who can be hurt by anything.

We don't want to be held responsible by relatives, if by coincidence, a cardiac case happens to be using frequencies on himself/herself at the time he/she suffers an incident caused by a life of abuse.

An additional consideration is that affecting too many cells at one time could release large amounts of toxins faster than the body can easily eliminate them.

If a researcher contending with cardiovascular conditions, regardless of what is stated above, we then suggest using the frequency instrument in the "Broadcast Mode," and particularly consider any application using the Crystal Generators (supplied separately).

## **CARDIOVASCULAR DISEASE**

Both arrhythmia and cardiovascular lesions were linked to the toxins of Cocksackie viruses living in the lining of the heart and arteries. Therefore, affecting massive numbers of cells "could theoretically trigger" an existing unstable heart condition.

Nevertheless, future animal studies may prove that eliminating the virus is the best answer to atherosclerosis and cardiomyopathy.

Several researchers have written that they observed elimination of cardiomyopathy and some other types of heart disease by using the frequencies for only a few seconds at first, and gradually increasing the time until all symptoms disappeared. This sounds much safer than plunging in for three minutes, and possibly releasing excessive toxins.

Also, manufacturers always advise patients with pacemakers or pumps to avoid use of any electrical device on the body. The warning of these manufactures seems more intended to avoid potential litigation in event of death from medication or stress, than due to any real danger from most devices. **We must caution frequency users for this same reason.**

Because we have inadequate data on the effect of bio-active frequencies on all other electro-medical devices, we would have to advise you not to experiment with frequencies if you have a pacemaker or pump device implanted in your body.

However, use of the "Crystal Generators" (See description at end of this manual) uses a piezoelectric (not an electromagnetic energy) which the user, with few exceptions, will not feel when using. If one were to use frequencies in the above described circumstances, it is suggested that the "Crystal Generators" be used. And, even better, the "Crystal Generators" may be used in the "Broadcast" mode (See description at end of this manual) which does not require direct contact.

It is best to begin gradually, using perhaps with one (1) minute per frequency and then progressing to two (2) or three (3) minutes per frequency, or more, as may be safe and appropriate. One should always use caution and discretion when using frequencies with an existing heart condition.

Noted Book on Heart Disease: Why Animals Don't Get Heart Attacks.... People Do  
By: Matthais Rath, MD (Tel: 800-299-3376)

Dr. Rath worked years with two time Nobel Prize Laureate, Linus Pauling, noted for his research of Vitamin C. Most "Heart Disease," other than congenital (dating from birth), according to him and others, is a current "medical term" for "scurvy" the dreaded disease of sailing ship days. Vitamin C in the form of an "orange, lime (used on British ships to prevent scurvy), or other sources, normally clears much of the cardio-vascular elements of this disease within weeks. A prominent medical journal, now reports that the use of angioplasty and stents are being used excessively and needlessly. Parasites such as heart worms, are not to be overlooked as a key element of heart problems.

## CONDITIONS CAUSED BY BUILD-UP OF TOXINS

Most microbes manufacture tiny amounts of very potent poisons, to defend themselves, disable the host defenses, or digest tissue.

For example, 54 different toxins had been isolated by 1975 from *Candida albicans*, a yeast colonizing the vagina and intestine. These toxins create "yeast syndrome," depression, migraine, PMS, food sensitivities, arthritic pain, infections and degeneration.

Despite what TV ads say, the new yeast "cure" marketed under a variety of names, merely controls, rather than cures *Candida*, a common yeast. It flourishes again soon after this carcinogenic drug is stopped. In the absence of consumed sugar, the disease is self-limiting.

When a micro-organism dies and disintegrates, all its internal toxins are released. This is why, when too much yeast is killed, the patient has a "die-off reaction" to small quantities of its highly potent toxins.

A reaction to toxins may include any of the symptoms from the disease itself, since toxins themselves cause many symptoms. This occurs only with therapy, which actually attacks the cause of the disease, rather than just suppressing symptoms with drugs.

As you already know, it becomes vitally important to flush toxins out of the body as fast as they accumulate. This is referred to as **DRAINAGE**. Drinking plenty of purified water is all it takes.

Typically after the first and second treatment toxins build up fast. Unless these toxins are flushed out quickly, the individual may feel worse than before. Symptoms may be very mild, such as barely perceived sluggishness. Without adequate drainage, symptoms of toxins may also include fatigue, swelling, headache, malaise, aching and aggravation of previous symptoms.

All this can be minimized or avoided entirely, just by drinking enough water and if necessary, skipping a session. The detox frequency patterns are excellent for stimulating the removal of most toxins, however it is necessary for one to drink plenty of water. And aerobic exercise is also very helpful for eliminating toxins. With drainage and a good detoxification programs, there are reported cases where originally there was little hope, conditions turned around rapidly for complete recovery.



Usually, the first sign that therapy is working is enduring relief of pain, without further pain medication. Other changes may be noticeable only with time, after organs repair themselves.

However, in some cases, drainage and detoxification frequencies may be inadequate to do the job, because of unbalanced intestinal flora (dysbiosis). Dysbiosis occurs in patients subjected to geopathic radiation or internal parasites, and occasionally in those on antibiotics, junk food diets, and unbalanced vegetarianism. Dysbiosis causes putrification in the intestine. The absorption of these toxins by the blood can prevent any therapy from succeeding completely.

## THE HAYFLICK / CARREL EXPERIMENTS

Many experiments strongly suggest that drainage extends life. Ironically, strong evidence for drainage and longevity comes from the patriarch of a family which controls 85% of the drug industry.

John D. Rockefeller sponsored Dr. Alexis Carrel in a number of astonishing life extension experiments. In one, cultured chicken heart cells were flushed with nutrients and their waste products continuously removed.

Chickens live a few years. But it appeared that the cells in this culture would never die naturally. Reportedly this experiment was terminated only after 30 years, when Dr. Carrel's successor tired of removing the waste. The cells then died immediately.

These were normal cells, rather than immortal cancer cells. And cancer in heart cells is virtually unknown in medicine.

Since all cells receive continual nourishment from vacuoles, a logical explanation is that these cells achieved near-immortality because of the continuous removal of their toxic metabolic products.

There are a number of ways to remove water soluble toxins, but usually the fastest, cheapest and most effective is by drinking lots of purified water all day!

## **REPORT ON DENTAL INFECTION**

In one case involving a low-grade infection of the lower jaw that had been a recurring threat for seven years, the infection was eliminated with two treatments of 5 minutes each, using frequency Channel # 11, 14, 16, 17, 19, 20 and 28.

Researchers often report that with continued use, the subject could chew for the first time in years as chronic tenderness disappeared. Usually relapse occurred easily; preventive sessions were necessary for several weeks. It is critical to repeat treatment, since some immature stages in the life cycle of the organism survive to reestablish bone infection through the many miles of microtubules in the jaw bone.

In many cases, no infection is evident on X-ray, but silent foci exist in the dentin microtubules, mandible, or maxillary bones and lymph nodes. These constantly seed the bloodstream, creating toxic conditions in other body locations, i.e. heart, other organs, joints, etc. The same applies to "cavitations" just below the surface where a tooth was previously extracted. Any truly effective frequency program will often begin by eliminating dental focal and cavitation infections.

## **A POSSIBLE NON-MEDICAL USE OF FREQUENCIES FOR INSOMNIA**

Patients with any metabolic disorder labeled as "psychosomatic" may be treated, as long as the condition is not officially diagnosed as disease.

Fortunately, insomnia is officially defined as a condition brought on by stress or psychological disorders, rather than a disease. Whenever insomnia and other non-medical conditions are officially declared by orthodox medicine to be caused by stress or nerves, you may use frequencies to help others. Insomnia is instantly relieved by applying specific frequencies on an acupuncture meridian of the index finger of each hand.

During the use of frequency Channel numbers 11, 14 and 16, sessions given shortly after a heavy meal often ended with the subject falling asleep within ten minutes, while still sitting upright. This pronounced sedative effect is temporary (one night) but completely free of the harmful side effects on the brain, which are common with sleeping pills. (In cases of toxic brain syndrome, low blood sugar and sleep apnea, this deep sleep lasts only about 4 hours.)

## **LIFE EXTENSION AND OTHER USES**

Another promising area of research with Bio-active frequencies is life extension. Frequencies Channel numbers under investigation for life extension include #29, 41, 71, 87, 88, 105, and 20, among others. Frequencies Channel numbers to eliminate parasites and those which effect pathogens are #22, 24, 14, 17, 19, 11+16 and may incidentally extend life as a side effect.

Other non-medical uses of bio-active frequencies include relaxation, hypnosis, alpha induction, and energy balancing.

Another interesting use of the instrument is to investigate the effect of the Schumann (Channel # 68 and "companion frequency Channel #322 on

Model G instrument) frequency, the earth's resonant wave, on humans and animals.

European scientific studies clearly link the earth's resonant wave to biological rhythms, complex behavior, hormone production and metabolism.

This Schumann wave varies, depending on the frequency of lightning discharges in the tropics, oscillating between the ionosphere and the earth. The average wave pattern is Channel #68. The Schumann or earth's resonant frequency circles the globe with less than 10% attenuation.

The Schumann wave is a basic frequency which all life has apparently come to depend on to regulate body functions and basic survival behavior. Those who live in concrete cities are largely insulated and hormone imbalances are all too often the end result.

In many Russian and European experiments, when individuals in deep salt mines and concrete bunkers were deprived of the earth's resonant frequency, gross irregularities were observed in their sleeping habits, hormone/ neurotransmitter output and other biorhythm indicators.

After a short exposure to the Schumann wave (Single Channel #68 – instrument), nearly all of the subjects underground then resumed regular neurotransmitter and hormone rhythms. No external influence, such as stress, prescription of recreational drugs, etc., was present.

## COMMON USES OF BIO-ACTIVE FREQUENCY

### COMMON USES FOR ALL INDIVIDUALS

**Bio-active Frequencies may be used for:**

- a) Any non-therapeutic uses (such as relaxation, alpha induction, hypnosis and entrainment, energy-balancing, etc.)

If you are a licensed health professional, operating within I.D.E. guidelines, you may work with others with this therapy.

If you are not operating under an IDE permit, any medical benefits which result from non-therapeutics uses must be attributed to approved, conventional portions of your protocol.

For laymen treating disease in others is forbidden. They may, however, obtain an instrument for personal experimental use.

- b) Research for isolating specific frequencies and their bio-active effects on various tissues, cultures, animals or yourself. The intent here must be to validate the regulatory effect of bio-active frequencies, rather than treat disease.
- c) Individual use of unapproved therapy is occasionally permitted for patients with incurable conditions which cannot be successfully treated with existing, approved therapy. (This ruling was handed down by former FDA commissioner Frank Young in the USA, following protests by AIDS activists. Be alert for changes in the political climate).
- d) Use for meridian therapy or acupuncture were "**grandfathered**" or authorized under individual state laws in the USA.
- e) I.D.E. use (with FDA authorization).
- f) Veterinary use on pets, livestock, show and breeding stock.
- g) Demonstration as part of an educational course on Bio-active frequencies. Again, if the intent is obviously to treat disease in others, that is excluded.



- h) Investigating Psychic effects of frequencies using the Schumann Wave of 7.83 Hertz – Channel #68
- i) Research in biorhythm regulations with the earth's resonant frequency using the Schumann frequency 7.83 Hertz (Channel #68). Or, a "companion" to the Schumann frequency of 21 Hertz (Channel #322 on Models E and G, or Auto Code #647 on Model G++).
- j) Research in use of specific frequencies for life extension.
- k) Mental health professionals may use specific frequencies to assist or induce hypnosis and others may use it for relaxation.
- l) Scientific use, for determination of new frequencies with metabolic regulatory properties in tissue, etc.
- m) Technical use for generation and calibration of frequencies.
- n) For animal research of all kinds.

All the above uses are currently accepted as common uses of the published frequencies in the USA and most other countries

As you can see, possibilities for the use of Bio-active frequencies in research and non-therapeutic uses are practically unlimited, unless there is obvious evidence that you intend to practice medicine without a license.

Thus, it is the intended use of the instrument, not the instrument itself, which may or may not be restricted. And even those restrictions are removed for those who have obtained an exemption described at the beginning of this section.

In some countries (outside the USA), bio-active Frequencies and instruments are approved for use as accepted medical protocol.

## CONDITIONS & FREQUENCY CHANNEL NUMBERS

### NOT INTENDED TO TREAT DISEASE

CONDITION.....	NUMBER
<b>Adynamia</b> , geriatric (fatigue of age) (applicators placed on solar plexus and behind animals head).....	49, 56
<b>Abdominal inflammation</b> .....	31, 82, 4, 5, 6, 9, 10, 15, 88, 12+16, 14, 17, 18, 20, 28, 29+86, 42, 45, 48, 58, 103, 104, 105, 106, 107, 112, 118, 119, 121, 125
<b>Abdominal pain</b> (applied to solar plexus and belly).....	104, 54, 78, 40, 57, 87, 88, 108, 109, 114, 1, 3. Also for parasites 29+86, 42, 45, 48
<b>Abscesses</b> .....	4, 6, 14, 17, 20, 39, 101
<b>Acidosis</b> (urine too acid).....	1, 14, 16, 17, 18, 20, 58, 88
<b>Acne</b> .....	4, 1, 6, 9, 10, 11, 12, 14, 16, 17, 20, 22, 24, 26, 27, 58, 60, 62, 65, 68, 73, 82, 86, 88, 6
<b>Actinomycosis</b> .....	28, 1, 17, 20, 58
<b>Acupuncture disturbance fields</b> (scar focus).....	59
<b>Acute pain</b> .....	40, 57, 3, 45, 87, 88, 108, 109, 114, 1, 14, 17, 20+22+24
<b>Adenoids</b> .....	11+16, 14, 17, 18, 20, 29, 58, 4, 6, 105, 106, 107, 109, 110, 112, 117, 121, 123
<b>Adhesions</b> .....	4, 6, 11+16, 14, 17, 18, 19, 20, 39
<b>Adrenal stimulant</b> .....	58
<b>AIDS</b> .....	1, 13, 19, 82, 103, 104, 111, 112, 135, 6
.....Also, Body Cleanse, Immune, Detox & Parasite Programs	
<b>Allergy</b> .....	11, 1, 12, 14, 16, 17, 19, 20, 24, 26, 27, 29, 32, 42, 45, 48, 58, 60, 65, 71, 74, 78, 86, 87, 88, 108, 109, 114, 6
<b>Alopecia</b> (loss of hair).....	1, 14, 17, 20, 28, 88
<b>ALS</b> (Epson Salts bath 30 min. daily -2 cups for quick results) ...	26, 124, 6
<b>Alzheimer</b> ...(Use Detox, Cleanse and Parasite programs).....	124, 6
<b>Amenorrhea</b> (absence of menstruation).....	17, 19, 20, 58, 29, 87, 88, 108, 109, 114, 42, 45, 48, 14, 1, 3
<b>Anal itching</b> (Pruritus).....	28, 42, 45, 48, 29 + 86 (important) 58, 112, 87, 88, 108, 109, 114 (Secondary 1, 14, 17, 19, 20)
<b>Aneurysm</b> : Primary causes: geopathic radiation, radiation treatment for cancer. Degenerating area is also colonized by Coxsackie virus and sometimes parasites...	28, 42, 45, 48, 58, 29+86 (secondary 20, 14, 17, 19)

**Angina Pectoris** (heart, pain in chest and arm).....78+36, 40, massage fleshy pad at base of both thumbs, and remove from netzgitter geopathic radiation immediately.

**Secondary** (may or may not help).....4, 6, 29+86, 9, 10, 12, 14, 15, .....17, 18, 20, 42, 45, 48, 58, 87, 88, 108, 109, 114

**Angina** (quinsy – in throat).....17, 18, 20, 28, 105, 106, .....107, 109, 110, 112, 117, 118, 119, 121

**Ankylosing Spondylitis**.....3, 45, 11+16, 14, 17, 18, 20, 25+26+27, 54, 55, 82, 61, 69, 82, 43, 44, 49, 123, 105, 106, 109, 110, 112

**Antiseptic effect**.....11+16, 14, 17, 19, 20, 28, 29, 103, 105, .....106, 107, 108, 109, 110, 112, 118, 119

**Anthrax** (*Bacillus Anthracis*).....14, 17, 20, 30, 58, 68, 1, 6

**Anxiety**.....1, 7, 11, 70, 77

**Apoplexy** (stroke paralysis) often caused by Netzgitter geopathic zone.....53, 58, 9, 14, 17, 20, 25+26+27, 42, 45, 48, .....29+86, 87, 88, 108, 109, 114

**Appendicitis** (**NOTE: drinking even a few drops of water or eating anything may be fatal if micro perforation has occurred. Be sure the infection is eliminated before giving the subject food or water**).....11+16, 14, 17, 20, 31, 39, 61, 25, 29+86 (important), .....42, 45, 48, 58, 87, 103, 104, 117, 118, 119, 121

**Appetite** (lack of).....1, 14, 17, 20, 28, 29+86, 42, 45, 48, 58

**Arteries, hardening**.....4, 1, 6, 9, 10, 11, 12, 14, 16, 17, 18, 20, 22, 24, .....26, 27, 47, 50, 53, 63, 65, 68, 71, 73, 76, 83, 88, 123, 6

**Arteriosclerosis** (hardening of arteries: regeneration takes time but is accelerated by full-body sunbaths, stopped before reddening).....1, 4, .....6, 9, 10, 12, 14, 17, 18, 20, 58, 123

**Arthritis** (since many different organisms can cause arthritis, many frequencies must be tested. See other types of arthritis below)....1, 11, 14, .....16, 17, 20, 58, 55, 69, 78, 82

**Arthritis, rheumatoid** of the muscles and tendons.....34, 82, 25+26+27, 17, 20, 123

**Arthritis, arthrosis, and parathyroid disturbances** affecting calcium metabolism.....62

**Arthritis, arthralgia** due to gout.....(Also, run gout program).....63

**Arthritis, focal origin** (gastrogenic, tonsillogenic and syphilis or paresis).....63

<b>Asthma</b> .....	4, 6, 9, 10, 12, 14, 17, 20, 123
<b>Asthma, bronchial</b> .....	85, 87, 88, 29+86, 42, 45, 48, 58
<b>Astrocytoma</b> .....	65, 67, 69, 6, 7, 14, 22, 24
<b>Ataxia</b> (incoordination of muscles-slow results in some cases)....	4, 6, 9, 10, 12, 14, 17, 18, 20, 25, 26, 27, 28+86, 42, 45, 48, 58, 121, 125
<b>Ataxia, spastic</b> .....	65, 67, 69
<b>Athlete's Foot</b> .....	Try 28 first, then 11, 14, 16, 20, 58
<b>Auto immune Disorders</b> .....	1, 11+16, 14, 17, 18, 102, 20, 25, 26, 27, 28, 34, 55, 58, 62, 63, 69, 78, 87, 88
<b>Auto intoxication</b> .....	85, 87, 88, 1, 14, 17, 20, 58, 108, 109, 114
<b>Back Pain</b> .....	Best is 57 and 40 for 15 minutes, 3, 87, 88, 108, 109, 114, others: 1, 19, 11+16, 14, 17, 20, 58, 6
<b>Bad breath</b> (halitosis).....	11+16, 14, 17, 20, 58
<b>Bedsores</b> .....	14, 11+16, 17, 20, 28 and 58. then 82 and 47
<b>Bed Wetting</b> , not due to toxins: (geopathic radiation is virtually ALWAYS the root cause).....	6, 14, 11+16, 17, 20, 28
<b>Biliousness</b> .....	11+16, 1, 14, 15, 17, 20, 28
<b>Bladder and prostate complaints</b> .....	14, 11+16, 17, 20, 28, 58, 63
<b>Bladder infection</b> (urinary).....	11, 14, 16, 17, 20, 58, 63, 6
<b>Blood cells, white</b> (stimulate).....	6, 7, 8, 86, 90, 91, 102, 112
<b>Blood clots</b> (dissolve).....	15 min. x 59
<b>Blood virus</b> (and see bacteria, parasites).....	12 min. x 49
<b>Boils</b> .....	14, 11+16, 17, 20, 28, 106, 107, 109
<b>Bone Trauma</b> (cuts, fractures).....	6 Min. x 31, 11+16, 1, 14, 17, 20 This is very valuable for erasing cellular memory of pain & trauma; allows for more natural healing to occur. Suggest running 4 to 6 sessions.
<b>Bone / periodontal disease</b> (also osteomalacia, etc., greatly aided by full-body sun exposure).....	51, 9, 10, 25+26+27, 14, 17, 18, 20
<b>Bone protuberance</b> (spurs).....	82 and 34
<b>Brachial Neuralgia</b> (electrodes placed on elbow and head).....	85
<b>Breast: Fibroid cysts</b> .....	14, 11+16, 17, 18, 20+22+24
<b>Bright's Syndrome</b> (Nephritis).....	12, 14, 17, 20
<b>Bronchitis</b> .....	14, 20, 63, 64
<b>Bronchial Pneumonia</b> .....	11+16, 14, 17, 18, 20
<b>Bubonic Plague</b> .....	125, 11, 16, 14, 17, 20, 26, 101, 109, 237, 6, plus secondary infections: 14, 17, 20, 58
<b>Burns</b> .....	39, 1, 14, 17, 20, 28, 38
<b>Bursitis</b> (may be caused by many viruses; also experiment with arthritis frequencies).....	14, 17, 20

**Cancer\*\*\* (See Cleanse, Detoxification & Parasite programs)**

.....	7, 107, 14, 20, 185, 24, 22, 8, 107, 7, 17, 20, 24, 22, 107, 6
Bladder.....	16, 18, 107, 115, 6
Blood.....	7, 8, 14, 16, 17, 20, 6
Bone.....	9, 10, 14, 17, 18, 20, 25, 27, 51, 6
Breast Tumor.....	7, 107, 6
Colon.....	14, 20, 17, 58, 104, 6
Larynx (voice box).....	29, 55, 58, 61, 104, 107, 6
Liver.....	5, 108, 153, 6
Lung.....	11, 29, 42, 45, 48, 58, 66, 86, 6
Lymph.....	61, 1, 104, 138, 6
Mouth.....	26, 1, 31, 58, 6
Nasal.....	14, 17, 20, 58, 236, 6
Pancreas.....	4, 5, 6, 8, 9, 12, 15, 58, 6
Pharynx (oral cavity to esophagus).....	11, 16, 18, 58, 6
Prostate.....	22, 24, 6
Skin.....	12, 16, 6
Stomach.....	42, 1, 45, 58, 103, 6
Throat (pharyngeal).....	4, 9, 10, 87, 88, 6
Tumor.....	(over & behind) 3, 7, 107 for 15 min, 6
Tumor, fatty tissue.....	3, 29, 6
Liver fluke / intestinal***.....	111, 112, 111, 112 for 5 min

**\*\*\*Liver Fluke reported to spread cancer through the body. Frequency use with AIDS, HIV, Cancer, MS, Parkinson, Lupus, Diabetes, etc.**

Candida (thrush, Kaposi Sarcoma).....	50, 80, 82 each for 15 min. Then
.....	28, 6 (apply to inside of each ankle bone, or use two water containers)
Candida.....	(time: 4 min. daily)...14, 19, 24, 108, 157, 167, 6
Candida, general.....	(Start here).....5 min. x 95, 81, 49, 80, 96, 81, 48, 6
.....	Run 5 Days & stop 1 Day. Repeat 5 Sessions. Same for Chlamydia.
Carcinoma.....	7, 8, 14, 17, 20+24+22, 107
Cardiac.....	see Pericarditis warning
Cardiac Edema (congestive heart failure).....	65

Carpal Tunnel.....	24, 6
Carpal Tunnel Syndrome.....	11, 12, 13, 14, 15, 16, 17, 18, 19,
.....	20, 6, 20, 71, 41, 80, 87, 88, 29
Cataract.....	1, 14, 17, 20
Catarrh.....	11+16, 14, 17, 20, 29, 58
Cerebral Palsy.....	14, 17, 20, 87, 88
Chem Trails.....	14, 17, 20, 49, 50, 57, 58, 81, 104, 6



<b>Chicken Pox (Varicella)</b> .....	11+16
.....and for secondary infections 9, 10, 12, 14, 17, 20, 58, 6	
<b>Cholera</b> .....	14, 16, 103, 17, 20
<b>Cholesterol</b> .....	56
<b>Chronic Fatigue (plus parasite frequencies)</b> .....	1, 4, 9, 14, 16, 17,
.....	18, 20, 26, 29, 86, 32, 41, 42, 45, 47, 48, 54,
.....	56, 68, 71, 74, and 104 through 109, 28, 6
<b>Chronic Fatigue Syndrome</b> (generic disorder – Also, see Cleanse, Detox & Parasite Programs).....	1, 4, 9, 14, 16, 17, 18, 20, 26, 28,
	29+86, 32, 41, 42, 45, 47, 48, 54, 56, 58, 71, 74, 105, 106
<b>Circulatory stasis</b> .....	53
<b>Circulation</b> (includes for hearing loss & diabetic legs).....	53, 63, 105, 6
<b>Circulation disturbances / problems</b> .....	53, 63
<b>Chlamydia</b> ...See Candida ....6 Min. x 30 Days.....	26, 27, 105, 143, 162, 6
<b>Concentration</b> (to increase mental).....	68
<b>Cold hands and feet</b> .....	20, 53, 58, 63
<b>Cold in head, chest</b> (common cold / Adenoviruses mutate constantly; there are too many new strains to include a complete list for every cold).....(run session every 2 hours).....	1, 11, 14, 16, 17, 18, 20, 29, 58, 6
<b>Colic</b> .....	11, 15, 16, 17, 20, 58
<b>Colitis</b> (irritation of colon).....	1, 11, 14, 15, 16, 104
<b>Concentration</b> .....	68, 6
<b>Conjunctivitis</b> (sty & pink eye) (use on left and right temples).....	
.....	1, 11, 14, 16, 17, 20, 58, 46
<b>Constipation</b> .....	4, 1, 9, 10, 11, 12, 14, 15, 16, 17, 18, 20, 22, 24, 25,
.....	26, 27, 29, 42, 58, 71, 73, 76, 77, 80, 87, 104, 6
<b>Convulsions</b> .....	1, 14, 17, 20 (most commonly used)
<b>Contusions</b> .....	66 and 43 over the focus
<b>Costalgia</b> (rib pain).....	40, 57, 3, 14, 17, 20, 1, 11+16
<b>Cramps</b> .....	1, 14, 17, 20, 57
<b>Crons</b> .....	306, 184, 109, 165, 251, 184, 213, 214, 165, 251, 168, 154, 184, 306, 123
	Run 4 min. each Channel. Run 6 days & off 1 day. Repeat.
<b>Cystitis</b> (of urinary bladder).....	11, 14, 16, 17, 20, 28, 58
<b>Deafness</b> (partial to complete).....	1, 11, 14, 16, 17, 20, 53, 58, 63, 6
<b>Dental foci</b> (neglecting this can prevent recovery from <u>ANY</u> illness).....	3, 1, 4, 5, 9, 10, 11, 16, 12, 14, 17, 18, 19, 20, 24, 25,
.....	27, 39, 45, 49, 50, 51, 87, 88, 108, 109, 114, 6

<b>Depression</b> (also Cleanse, Detox and parasites).....	7, 14, 17, 235, 77, 6
Anxiety, Trembling, Weakness.....	77
Drug induced.....	17, 47, 54, 75, 77, 83, 6
Due to exogenous circumstances.....	54, 58, 77 and 17
<b>Dermal skin healing</b> .....	82, 6
<b>Detoxification</b> .....	14, 17, 71, 41, 80, 20, 87, 88, 29, 24, 105, 108, 109, 114
<b>Detoxification</b> (body cleanse).....	7 min. x 143, 60, 60, 60, 143
<b>Diabetes</b> .....	54+111+117 and 61+34, 25+26+27, 42, 45,
.....	48+58+86, 102, 105+53+63 for circulation problems.
.....	For secondary infections.....1, 4, 6, 9, 11, 14, 16, 20, 28, 58
<b>Diabetic loading</b> , i.e., clinic loading for test purposes.....	54+21
<b>Diarrhea / Dysentery</b> .....	11, 14, 16, 17, 20, 28
<b>Distortion</b> (Twisting of muscles, spine).....	66+43
<b>Dizziness</b> .....	73
<b>Dupuytren's Contracture</b> (on back and front of hand –this is the 4 <sup>th</sup> & 5 <sup>th</sup> finger folding into hand; can't be straightened).....	82+34
<b>Dysmenorrhea</b> For rapid, lasting relief of painful menstruation.....	57
.....	Use #57 over and under uterus; leave running after pain disappears.
.....	When cause is uterine infection...74, 11+16, 14, 17, 20, 28
<b>Dyspepsia</b> (indigestion).....	11, 14, 16, 17, 20
<b>Ear itch</b> .....	30
<b>Ears</b> - various maladies, discharges, vertigo, ringing, hearing loss.....	65, 14, 17, 20, 53, 63, 58
<b>Ear Ringing</b> .....	run daily, 60 sessions, 13 min. x 375, 380, 396
<b>E-Coli</b> (bacteria).....	11, 16, 45, for 9 min.
<b>Eczema</b> .....(use Crystal Generator).....	15 min. x 455
<b>Eczema</b> .....	65, 11, 16, 17, 20
<b>Eczema</b> in vascular and lung functional disturbances.....	63
<b>Energy</b> (AM only).....	49, 56, 6
<b>Enuresis</b> (bed wetting; geopathics always present).....	1, 14, 17, 20, 28
<b>Edema</b> .....	87, 88, 71 and 41, 29, 104, 14, 17, 20, 58
<b>Emphysema</b> .....	3, 14, 17, 20, 42, 46, 58, 229, 6
<b>Epicondylitis</b> (pain in elbow).....	82+34, 3, 40, 57
<b>Epididymitis</b> (inflammation of testicle area/ducts).....	12, 14, 17, 20, 58
<b>Epilepsy</b> .....	1, 14, 17, 20, 21, 25, 27, 42, 58
<b>Epstein-Barr</b> .....	105, 106, 18, 28, 14, 17, 20
<b>Erysipelas</b> (skin inflammation) caused by strep pyogenes, etc.....	106, 112, 1, 14, 17, 20, 28, 58

<b>Erythema nodosum</b> .....	63, 68
<b>Esophagus (congestion)</b> .....	14, 17, 20, 81, 6
<b>Eustachian tube inflammation</b> .....	11, 14, 16, 17, 18, 20, 28
<b>Eye inflammation (on left and right temples)</b> .....	82+46
<b>Eye Disorders</b> blurred, cataracts, crossed, diplopia, infectes, etc.....	10, 1, 14, 17, 20, 58
<b>Eyes, Cataracts</b> .....	31, 6
<b>Eyes, Improve</b> .....	10, 12, 1, 14, 16, 17, 18, 20, 22, 24, 26, 27, 29
General (extensive).....	41, 42, 48, 58, 60, 68,
.....	71, 23, 80, 87, 88, 105, 108, 109, 114, 6
Glaucoma.....	10, 14, 17, 20, 6
Near sighted (energies & flex lens).....	40
<b>Facial (cosmetic enhancement – decrease wrinkles)</b> .....	62
<b>Facial paralysis</b> .....	1, 14, 17, 20
<b>Fatigue, chronic</b> .....	4, 9, 105, 106, 28, 42, 45, 48,
.....	56, 58, 29+86 or try parasite frequencies
<b>Fever (causes vary)</b> .....	14, 17, 20, 58, 6
<b>Fibroma</b> .....	7, 8, 20, 22, 24 ; secondary : 11, 16, 28
<b>Fibromyalgia (often Lyme disease misdiagnosed)</b> .....	26, 63, 6
See Cleanse, Detox & Parasite programs.	
<b>Fibrosis of lung</b> .....	56+37+30 on chest
<b>Fistola, ulcer</b> .....	14, 15, 17, 20
<b>Flashes, hot (complications)</b> .....	1, 14, 17, 20
<b>Flatulence (intestinal gas)</b> .....	11, 14, 16, 17, 19, 20, 28
<b>Flu (mutates to new strains which sometimes require frequencies not yet determined)</b> .....	every 2 hours 9, 14, 17, 20, 49, 50, 57, 58, 86, 87, 6
Current strains: use sinusitis frequencies	
<b>Foot-blisters</b> .....	1, 14, 17, 20, 28
<b>Fractures</b> .....	37+36, 1, 14, 17, 20
<b>Frostbite</b> .....	14, 17, 20
<b>Frozen shoulder</b> .....	1, 14, 16, 17, 20, 66+43
<b>Fungal infection</b> .....	28, 11, 14, 16, 20, 58
<b>Fungus,all (<u>begin here</u>)</b> .....	60, 40, 60, 40, 60, 40, 60, 40, 60, 40
<b>Fungus, toe nail</b> .....	38, 39, 138, 6
Primary.....	43, 44, 45, 46, 47, 48, 49, 50
Secondary.....	7, 11, 18, 20, 25, 29, 30, 102, 6
<b>Furunculosis herpes, skin diseases</b> .....	38+13, 11, 16, 17, 20, 112

<b>Gall bladder dystonia with osteitis</b> .....	79, 3, 14, 17, 20, 58
<b>Gall Stones</b> .....	79, 3, 14, 17, 20, 58 or 77 for 15 minutes
<b>Gangrene</b> .....	14, 17, 20, 58, 47
<b>Gas (intestinal)</b> .....	11, 14, 16, 17, 19, 20, 28
<b>Gastritis and flatulence</b> .....	14, 15, 17, 20, 58
<b>Gingivitis</b> .....	23
<b>Gout</b> .....	63, 3, 14, 17, 20, 58
<b>Gulf War Syndrome</b> .....	Daily 7 min. x 143, 60, 60, 60, 143
<b>Gravel in urine</b> .....	79, 3, 14, 17, 20, 58
<b>Gums (inflammation, gingivitis, pyorrhea)</b> .....	11, 14, 16, 17, 20, 28, 58, 6
<b>Heart burn</b> .....	453
<b>Hair loss (alopecia)</b> .....	1, 14, 17, 20, 28, 88
<b>Hallucinations</b> .....	1, 14, 17, 20, 58
<b>Hangover</b> .....	1, 87, 88
<b>Hay fever (only on some types)</b> .....	14, 17, 20, 58
<b>Headache</b> ...(Crystal Generator at hairline (1) and navel area (2)).....	454
<b>Headaches:</b> Best frequency for very rapid relief of symptoms is #40 applied near hairline. Continue for 10 minutes or until pain disappears, then massage scalp in clock wise direction. Nearly all headaches are caused by toxins absorbed from intestinal putrefaction (dysbiosis), dental mercury or parasites. Nevertheless, if headaches persist despite elimination of all possible causes, check the possibility of a tumor. For headaches of unknown cause or toxins.....	
.....	1, 71, 87, 88, 74, 3, 20, 41, 42, 45, 48, 58, 80, 29, 106, 108, 109, 114, 73, 13, 14, 17, 25, 26, 27, 105
<b>For headaches caused by parasites</b> .....	40, 42, 45, 47, 58, 20, 3
<b>Headaches: urogenitality caused</b> .....	40, 63, 3, 108, 109, 114
<b>Headaches caused by vertebral misalignment (not a substitute for chiropractic adjustment)</b> .....	40, 62, 3
<b>Head injury, seek immediate medical attention</b> .....	
.....	40, 62, 3, 14, 17, 20, 87, 48, 73, 74, 81, 6
<b>Health and Wellness</b> .....(Use Auto Code #646).....	10 min. daily x 455
<b>Hearing loss (try circulation frequency)</b> .....	53, 63, 65, 6
<b>Hearing problems</b> .....	1, 11+16, 14, 17, 19, 20, 58
<b>Heart (lab animals only) (see pericarditis)</b> .....	46, 40, 58, 47, 75, 1, 14, 17, 20, 28, 48, 45, 58
<b>Heartburn</b> .....	5, 4, 6, 7, 9, 10, 11+16, 12, 14, 17, 20, 23, 28, 29+86, 42, 45, 48, 58
<b>Hemorrhage (uncontrolled bleeding)</b> .....	11, 16

<b>Hemorrhoids</b> .....	11, 14, 16, 20 (the listed sinusitis & stiff neck frequencies are useful)
<b>Hepatitis</b> (placement is over and behind liver).....	82+55, 11, 14, 16, 20
<b>Hepatitis C (see Jaundice liver)</b> .....	81, 106, 107, 109, 6
<b>Hernia</b> .....	1, 17, 20
<b>Herpes, genital – during outbreak</b> .....	Primary use...45 min. x 2 .....Also: 4, 7, 8, 9, 11, 12, 16, 17, 18, 101, 6
<b>Herpes, sores</b> .....	5, 9, 11, 12, 14, 17, 20, 28, 102, 105
<b>Herpes (zoster)</b> .....	4, 6, 9, 10, 11, 12, 16, 86
<b>High blood pressure, hypertension</b> .....	1, 14, 17, 20, 65
<b>Hip pain (as in coxarthrits)</b> .....	3, 14, 17, 20, 40, 57
<b>Hives (Urticaria)</b> .....	9, 14, 17, 20, 87, 88, 74
<b>Hoarseness</b> .....	14, 19, 20
<b>Hyperacidity of stomach</b> .....	68 on solar plexus and 36 on stomach
<b>Hydrocele (fluids in testicle, etc)</b> .....	14, 17, 20
<b>Hyperthyroid</b> .....	78+85
<b>Hypoacidity of stomach</b> .....	111, 58 over and behind pancreas
<b>Hypothyroid (Thyroid deficiency)</b> .....	54, 60 behind head and on thyroid
<b>Hypertension</b> .....	58, 45, 65, 72, 1, 14, 17, 20
<b>Note:</b> Studies have indicated a 40% reduction in hypertension was achieved with daily full-body sunbaths, a form of frequency therapy. Exposure must be near noon, and must stop before skin becomes red. Eight cups of water or carotene/vitamin A was used to prevent skin cancer.	
<b>Some other varieties of hypertension:</b>	
(kidney induced, re-high, diastolic high pressure).....65+72	
<b>Hypertension, spastic</b> .....	45
<b>Impotence (many causes)...</b> (See Body Cleanse & Detox).....	7, 8, 28, 63, 14, 16, 17, 20+22+24, 42, 45, 47, 48, 58, 25+26+27
<b>Indigestion</b> .....	1, 14, 17, 20, 28, 29, 58, 42, 45, 48, 74
<b>Infantile Paralysis</b> .....	12, 14, 17, 20
<b>Infections (many classes)</b> .....	10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 21, 24, .....25, 26, 27, 28, 29, 42, 45, 48, 58, 86, 101, 103, 104, 105, 106
<b>Infertility</b> .....	7, 8, 28, 25+26+27, 63, 14, 16, 17, 20+22+24
<b>Inflammation</b> .....	81
<b>Influenza</b> .....	(flu viruses mutate frequently; these codes are only a partial list).....(Run session every 2 hours).....11, 15, 12, 14, 17, 20, 58, 6 -Also see Chem Trails.....9, 10, 11, 14, 20, 49, 50, 6
<b>Insect bites and stings (Use infection &amp; detox frequencies)</b>	

**Insomnia**.....76, 78, 11, 12, 14+16  
**Intercostal neuralgia** (pain in rib musculature).....3, 40, 57, 11,  
.....14, 16, 17, 18, 20, 42, 58, 86, 29  
**Intermittent claudication** (behind the head) .....52+50  
**Itching** (pruritus).....14, 17, 20, 28, 29, 42, 45, 48, 58, 29+86, 112  
**Jaundice** (liver).....10, 11, 12, 14, 16, 25, 26,  
.....27, 29+86, 88, 34, 42, 45, 48, 58  
**Jet Lag**.....308, 184, 109, 240, 51, 184, 109, 379, 7, 109, 379, 214, 168, 154, 184, 308, 123  
  
**Kidney Detoxification / Cleanse**.....11, 12, 14, 15, 16, 17, 20, 22, 24, 26,  
.....27, 29, 24, 42, 45, 48, 58, 65, 68, 71, 82, 86, 87, 88, 104, 110, 112, 6  
**Kidney insufficiency** (many viruses and toxins cause this).....10, 11, 12,  
14, 16, 17, 20, 25, 26, 27, 28, 29, 86, 34, 41, 42, 45, 47, 48, 61, 53, 58, 81,  
.....87, 88, 104, 108, 109, 114, 6  
**Kidney Stones**.....77 for 15 min & 81 for 3 min, 57, 157, 6  
  
**Larynx**.....11, 14, 16, 17, 20, 104, 28, 29, 55, 69, 78, 82, 34, 62, 63  
**Leprosy** (more below).....27  
**For infection of lesions**.....10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21,  
.....22, 24, 25, 26, 27, 28, 29, 58, 101, 103, 104, 105, 106  
**Leukemia**.....7, 8, 14, 17, 20, 22, 24, 107  
**Leukoderma**.....14, 17, 20, 29, 58, 107, 112  
**Locomotor Dysfunction** (slow results if nerve damage exists)  
.....Incoordination.....1, 14, 17, 18, 20, 25, 26, 27, 29+86, 42, 45, 48, 58  
.....Convulsions, spasticity.....65, 67, 69  
  
**Low Blood Pressure, Hypotension**.....14, 17, 20, 58  
**Lumbago**.....1, 14, 17, 20, 42, 45, 48, 29+86, 65, 67, 69  
**Lungs**.....14, 17, 20, 11, 16, 18, 42, 45, 48, 58, 29+86, 103, 107  
**Lupus Erythematosus**.....14, 17, 18, 20, 26, 102  
**Luxation** (dislocation of organs or joints).....66+43  
  
**Lyme**.....Begin 4 min. Daily and build to 16 min. daily x 26  
Also, Auto Codes 380 and 507 (Run 4 days, stop 2 days then repeat)  
Morning, AM.....16, 23, 25, 31, 34, 63, 89, 108, 177, 236, 6  
Evening, PM.....16, 17, 1, 22, 89, 101, 104, 161, 221, 6  
Also, for Lipid Oil .....322, 184, 109, 366, 380, 366, 380, 184,  
.....369, 165, 213, 214, 154, 184, 322, 123  
**Lymph stasis**.....14, 17, 71+41, 80 20, 87, 88, 29, 105  
  
**Malaria**.....108  
**Measles** (all).....11, 14, 17, 20, 26, 101, 109, 125, 237, 6  
**Memory** (also detoxification).....59, 68, 69, 71, 73, 74, 79, 81, 6



**Mental Clarity / Eyes / Ears / Hair**....10, 11, 12, 14, 16, 17, 20, 22, 24, 26, ...27, 29, 41, 42, 45, 47, 48, 58, 60, 65, 68, 71, 73, 80, 83, 87, 88, 105, 6

**Mental Disorders** (toxins usually the cause).....29, 41, 58, 71, 80, 87, .....88, 20, 1, 42, 45, 48, 58, 105, 106, 11 to 28 (especially #20)

**Menieres Disease**, ear ringing .....14, 17, 20, 11+16, 28, 105, 107, 109  
Also, daily 60 sessions, .....13 Min. x 375, 380 396

**Meningitis**.....11+16, 14, 15, 17, 20, 28, .....25, 26, 27, 29+86, 42, 45, 48, 58, 105, 106

**Menstrual problem** .....57 applied above and behind uterus until pain disappears. **Other frequencies**.....3, 14, 17, 20, 28, 40, 58, 28, 6

**Migraine** (also detoxification).....59 for 15 min, 40, 61, 78, 36, 6

**Mercury toxins**.....47, 50, 51, 100

**Mononucleosis** – (see liver and liver balance).....105

**Motion Sickness**.....25, 26, 27, 28, 29+86, 87, 88, 42, 45, 48, 58

**Mouth**. eruptions, white patches (precancerous, leukoplakia).....  
.....28, 7, 8, 20, 22, 24

**Mucus membrane inflammation**.....31

**Multiple Sclerosis** (auto immune frequencies).....110, 124, 6  
Also, begin 4 min. Daily..... and build to 16 min. Daily x 26  
Morning....14, 17, 20, 26, 39, 40, 41, 58, 101, 110, 201, 249, 6  
Evening....14, 1, 16, 17, 18, 20, 22, 26, 27, 34, 250, 6, 55, 58, .....62, 63, 69, 78, 87, 88, 102, 6

**Muscles**, to relax (myospasms).....19+70

**Muscular Dystrophy (suggested)**.....1, 11+16, 14, 17, 18, 20, 102, 25, 26, 27, 28, 34, 55, 58, 62, 63, 69, 78, 87, 88, 108, 109, 114

**Muscular pain** (reported as applied to the focus of injury or pain for short periods, from 30 seconds to 3 minutes, depending on need).....  
.....3, 57, 40, 33, 34, 35, 46, 53, 61, 73, 80, 81, 82, 84, 85

**Muscle pain from parasites**.....29+86, 42, 45, 48, 58

**Mumps**.....1, 4, 5, 7, 8, 110, 105, 20, 28, 14, 17, 58

**Nausea**.....14, 15, 17, 20, 58, 74

**Nephritis / Nephrosis**.....14, 17, 20, 61, 53, 47, 28

**Nerve disorders**.....1, 4, 5, 6, 9, 10, 11+16, 14, 17, 41, .....71, 80, 87, 88, 20, 25, 26, 27, 42, 45, 48, 58, 105, 106, 109

**Nerve Spasticity**.....see *Locomotor dysfunction*

**Nervousness**, from geopathic netzgitterzones, drugs, prozac, agitation (akathisia) reported use was on neck.....78

**Neuralgia**.....75, 108, 109, 114 (try numbers for nerve disorders)

<b>Neurosis</b> .....	55
<b>Nose-infection, congestion</b> .....	11+16, 14, 17, 18, 20, 29, 104, 58, 28
<b>Numbness</b> .....	1, 4, 5, 6, 9, 10, 11+16, 14, 17, 20, 25, 26, 27, 104, 106, 109
<b>Nutrient Enhancer / Uptake</b> .....	60 through 68, 74, 75, 6
<b>Obesity</b> .....	1, 28
<b>Oral lesions:</b>	
<b>Note:</b> although these may disappear with treatment, lesions will always return whenever subject experiences stress or poor diet, until mercury inlays (so called "silver" fillings and nickel alloy ("stainless steel" are removed).....	4, 5, 8, 9, 10, 11+16, 14, 17, 18, 19, 20, 28, 29, 87, 88, 108, 109, 114
<b>Orchitis</b> (Inflammation of testes due to TB, mumps, gonorrhea, cancer).....	4, 5, 6, 7, 8, 9, 10, 11+16, 12, 14, 15, 17, 18, 20+22+24, 25, 26, 27, 110, 42, 45, 48, 58
<b>Osteomyelitis</b> (bone infection).....	79, 4, 5, 6, 7, 8, 9, 10, 11+16, 14, 15, 17, 18, 20+22+24, 28
<b>Osteomalacia</b> .....	<i>Use sun bathing, but stop before skin reddens body</i>
<b>Osteoporosis</b> .....	322, 184, 165, 214, 101, 31, 165, 13, 25, 57, 165, 168, (Use in order provided).....213, 214, 154, 184, 222, 123, 454, 455
<b>Otosclerosis</b> (type of deafness).....	53, 63, 65
<b>Ovarian disorders</b> .....	25+26+27, 28, 29, 57, 4, 5, 6, 7, 8, 9, 10, 11+16, 12, 14, 15, 17, 18, 20+22+24, 58
<b>PAIN</b> (look under appropriate affliction for more).....	3, 45, 40, 57
Pain, lower back.....	15 Min. x 57, 157, 81, 6
Pain of infection.....	3, 40, 57, 45, 14, 11+16, 17, 18, 20, 74
Pain of cancer.....	3, 40, 57, 45, 7, 8, 20+22+24
<b>Pain, Knee/Joint</b> .....	3, 40, 57, 11, 14, 16, 17, 20, 34, 58, 55, 62, 63, 69, 78, 81, 82, 6
<b>Pancreatic insufficiency</b> .....	111, 61 over pancreas and 34 under (behind) pancreas, Secondary.....25+26+27, 28, 29, 57, 4, 5, 6, 7, 8, 9, 10, 11+16, 12, 14, 15, 17, 18, 20+22+24, 58
<b>Paralysis, spastic</b> (slow results in some cases).....	1, 14, 17, 18, 20, 25, 26, 27, 29+86, 42, 45, 48, 58, 69
<b>Paralysis, non spastic</b> (langorous) (slow results in some cases).....	1, 14, 17, 18, 20, 25, 26, 27, 29+86, 42, 45, 48, 58, 65, 67

## Parasites:

(Autopsies show that parasites are a contributing factor in 40 to 75% of all illness. However ordinary diagnostic labs fail to detect their presence, because they still use fecal smears. Even mucosal swabs and U.V. stains can detect parasites only in certain stages of their life cycle).

Programs below run 5 Days & off 1 Day. Repeat 5 times.

- **Kidney fluke** .....3 min. x 75, 98, 78, 98, 75, 99
- **Liver fluke** .....5 min x 56, 68, 55, 69, 95, 70, 56
- **Pancreatic fluke** .....5 min. x 57, 91, 58, 91, 57, 91
- **General Parasite Cleanse**..3 min. x 42, 38, 43, 39, 40, 38, 42

## Common Parasites:

<b>Ascaris Lumbricoides</b> (hookworm).....	104
<b>Clonorchis sinensis</b> (human liver fluke).....	112
<b>Fasciola hepatica</b> (sheep liver fluke).....	110
<b>Schistosoma Haematobium</b> (worm-bladder / eyeball).....	107
<b>Taenia Pisiformis</b> (bladder worm).....	29
<b>TRICHINELLA SPIRALIS</b> (roundworm).....	36
<b>Proteus Vulgaria</b> (urinary tract infections).....	25
<b>Naegleria Fowleri</b> (brain parasite).....	25
<b>Giardia Lamblia</b> digestive parasite.....	13
<b>Toxoplasma gondii</b> .....20 <b>Dirofilaria Immitis</b> (heartworm).....	23
<b>Echinococcus Granulosus</b> (larval stage of Tapeworm).....	30
<b>Strongyloidiasis</b> (human threadworm).....	62
<b>Ancylo-stoma Caninum</b> (roundworm – from dogs?).....	54
<b>Fasciolopsis Busii</b> (eggs, human intestinal fluke).....	111
<b>Fasciolopsis Busii</b> (adult, intestinal fluke).....	112
<b>Eurytrema Pancreaticum</b> ..... (pancreas fluke – found in all diabetes).....	102

**Parasites in Intestines**.....2, 3, 4, 5, 6, 7, 13, 18, 19, 30, 36, 49, 50, 54,  
.....34, 42, 45, 58, 58, 65, 68, 71, 82, 86, 87, 88, 104, 110, 112, 6

**Parkinson's Disease**.....(Primary 44 at 45 minutes) .....28, 83

**Plus experiment with frequencies from these sequences:**

**For pain (applied to the focus of injury or pain)**.....  
.....3, 57, 40, 33, 34, 35, 46, 53, 58, 61, 73, 80, 81, 82, 84, 85  
**Good results with**.....30 min. x 44 for and for tremors 14 min. x 92  
**Other**...10 sessions every other Day x 4 min. x.....20, 126, 249, 101  
**Spasms**.....19, 70  
**Muscular**.....1, 11+16, 14, 17, 18, 20, 25, 26, 27, 28, 34, 55,  
.....58, 62, 63, 69, 78, 87, 88, 102, 108, 109, 114

<b>For parasites involved (see Parasites for complete list).....</b>	<b>29+86, 42, 45, 48, 5</b>
<b>Pelvic Inflammatory Disease (PID).....</b>	<b>4, 5, 6, 7, 8, 9, 10, 11+16, 17, 18, 20+22+24, 25, 26, 27, 28, 29+87, 45, 48, 103, 105, 110, 107, 118</b>
<b>Pericarditis – Read section on geopathic Netzgitter.type zones (always present). Since cardiac conditions are inherently unstable, we cannot recommend the use of frequencies on humans, even outside US jurisdiction. These are for animal research only.....</b>	<b>4, 6, 10, 14, 11+16, 17, 19, 20, 26, 28, 40, 42, 47, 57, 58, 75, 45, 46, 48, 29+86</b>
<i>Cardiac conditions are at 12 feet distance and for animals inherently unstable –use in broadcast mode only research only) Also see Dental Focal Infection).....</i>	<i>4, 10, 14, 11, 16, 17, 19, 20, 26, 40, 42, 47, 57, 58, 75, 45, 45, 48, 29, 86, 6</i>
<i>Cardiac Edema (congestive heart failure).....</i>	<i>65</i>
<b>Pesticides.....</b>	<b>47, 57, 72, 85, 6</b>
<b>Pharyngitis.....</b>	<b>104, 107, 31, 10, 11+16, 18, 17, 14, 20, 58, 87, 88</b>
<b>Pleurisy.....</b>	<b>11, 16, 14, 17, 18, 20, 42, 45, 48, 58, 29+86, 103, 107</b>
<b>Pneumonia.....</b>	<b>11, 16, 14, 17, 18, 20, 58, 103, 107</b>
General.....	24, 26, 27, 6
Walking.....	104, 105, 106, 6
<b>Poison Ivy.....</b>	<b>20, 6</b>
<b>Polio.....</b>	<b>102</b>
<b>Poliomyelitis.....</b>	<b>121, 102, secondary complications.....11+16, 12, 14, 17, 20, 105</b>
<b>Polyps.....</b>	<b>4, 5, 6, 7, 8, 9, 10, 20+22+24, 25+26+27, 28, 29, 58, 87, 88</b>
<b>Pre-op and post-operation: prevention and control of nosocomial (hospital acquired) and idiopathic infection.....</b>	<b>6, 9, 10, 11+16, 12, 14, 15, 17, 18, 20, 28, 29, 87, 88, 105, 107, 109</b>
<b>Prostatitis, begin prostate tumor.....</b>	<b>44+30, 88, 4, 5, 6, 7, 8, 11+16, 17, 18, 20+22+24, 28, 42, 45, 48, 58, 29+87</b>
<b>Prostate complaints.....</b>	<b>63, 7, 8, 14, 16, 17, 20, 22, 24, 28, 42, 45, 47, 48, 58, .....(and 35 min. x 450)</b>
<b>Prostate tumor (malignant) one electrode against navel, other against Rectum.....</b>	<b>7, 8, 20+22+24</b>
<b>Pruritus (itching).....</b>	<b>14, 17, 20, 28, 42, 45, 48, 58, 29+86, 112</b>
<b>Psoriasis – (Requires long-term treatment, since the immune system continues to be programmed to attack the skin long after the offending organism, which has antigen markers similar to skin, has been eliminated.</b>	

Condition may or may not improve over time with use of parasite and detox frequency numbers. Condition will gradually deteriorate with dietary abuse of sugar and starch.) The following frequencies may be tested in Psoriasis to destroy organisms which may stimulate an immune reaction against skin.....11+16, 12, 14, 17, 20, 43, 44+49, 112

**Also see Candida (can be caused by overuse of antibiotics)**

**Ankylosing Spondylitis of psoriasis**.....54, 55, 82, 61, 69

**Psychosomatic pain** (viral, energetic meridian blocks, toxicity, nutritional).....20, 40, 57, 41, 44+32, 87, 88, 108, 109, 114

**Pyorrhea** (periodontal disease, jawbone infection, receding gums).....4, 5, 8, 9, 10, 11, 16, 14, 17, 18, 20, 28, 29, 87, 88, 6

The electrodes are placed so the infection lies on a straight line between them. If you hold the electrodes, be certain that you touch the electrodes only with gloved hands to prevent deflecting the weak current through the conductive meridians in the hands. Also, use Candida & Chlamydia.

**Important note for researchers: A mouthwash of ordinary drugstore variety peroxide (3%) is helpful in controlling infection at the gum line, but usually fails to eliminate the HIDDEN, deep-seated infection in the microtubules of the dentin or the Jawbone. These infections (pyorrhea / gum disease, mandibular / maxilar foci) contribute toxins which bypass the blood-brain barrier (unlikely according to conventional wisdom; yet clearing pyorrhea often eliminates headaches and bizarre behavior).**

*Although pyorrhea may be controlled or eliminated with treatment, infection will always return with stress or poor diet, until mercury inlays (so-called silver fillings) and nickel alloy (stainless steel) dental appliances are replaced with porcelain (without uranium contact).*

*These toxic metals weaken the immune system and encourage re-infection. Also, for some individuals on a high-sugar diet, gold and palladium have a toxic effect on the immune system and heart. And the aluminum in ceramic bridges has now been associated with memory lapses and possibly Alzheimer's Disease. Nothing toxic should be in the mouth!*

**Rabies**.....122

**Raynaud's Disease** (cold hands and feet).....20, 58

**Rheumatoid arthritis of the muscles and tendons**.....

.....82, 34, 25, 26, 27, 11, 16, 1, 14, 17, 20, 55, 58, 62, 63, 69, 78, 6

.....**Also see allergies & detoxification**

**Rhinitis or Runny nose**..1, 11+16, 12, 14, 17, 18, 20, 29, 58, 87, 88, 28, 6

<b>Sarcoma</b> .....	7, 8, 14, 17, 20, 22, 24, 107
<b>Scars</b> .....	59+11 to 28
<b>Scarlet Fever</b> .....	14, 17, 20, 22+24
<b>Sciatica or Ischia</b> (severe cases require direct application of electrodes over and behind the afflicted area at a high intensity).....	11+16, 14, 17, 20, 22, 24, 61
<b>Sedative Effect:</b> reported use on bleeding, bruises, insomnia, sinusitis .....(also reported use in lymph stasis, edema, auricular treatment) .....	80
<b>Sexual Dysfunction</b> .....	63, 7, 8, 28, 14, 16, 17, 20+22+24, 42, 45, 47, 48, 58, 25+26+27
<b>Shingles (Herpes Zoster)</b> .....	11, 16, 9, 86: <i>Secondary</i> 14, 17, 20, 57, 58, 6
<b>Sinusitis</b> .....(Ch. 81 for inflammation).....	11+16, 14, 17, 20, 42, 48, 87
<b>Sleeping sickness</b> .....	124
<b>Slipped discs</b> (includes spasms from microbial toxins).....	57(best), 40, 42, 14, 17, 109, 20, 45, 48, 87, 88, 108, 109, 114
<b>Smallpox (measles viriole virus)</b>	11, 16, 14, 17, 20, 101, 109, 125, 237, 6
<b>Sneezing</b> .....	14, 17, 20, 28, 88
<b>Sore Throat</b> (pharyngitis) (consider also food allergies).....	4, 5, 9, 10,, 11+16, 14, 17, 18, 20, 28, 107, 123
<b>Spasms, muscle</b> .....	70
<b>Spastic paresis</b> .....	25, 26, 95+50
<b>Spider bite</b> (use infection & detoxification frequencies)	
<b>Spine distortion, twisting also see Luxation</b> .....	43, 58, 66
<b>Spleen, enlarged</b> .....	54+17 secondary; 1, 4, 6, 9, 11, 14, 16, 20, 28, 58
<b>Spondylitis, acute</b> .....	82+61, or 69+55 on the focus
<b>Staphylococci infection</b> .....	20, 49, 50
<b>Stiff neck</b> .....	58, 74
<b>Stiff neck, spastic</b> .....	65+72
<b>Stiff muscles, in general</b> .....	11, 16, 1, 14, 17, 18, 20, 33, 34, 35, 40, 42, 46, 53, 58, 61, 73, 80, 81, 82, 84, 85, 6
<b>Stomach disorders</b> .....	7, 8, 14, 17, 20+22+24, 42, 45, 48, 58, 75, 103, 118, 119
<b>Streptococci infection</b> .....	14, 49, 50
<b>Streptothrix infection</b> .....	17
<b>Stroke</b> (these two immediately (Do more below later).....	78+36
The following frequencies may affect one of the organisms known to create lesions in the arteries. However, cardiovascular conditions involving blood clots are inherently unstable. Therefore, we cannot recommend the use of	



frequencies on human cardiovascular disease, even outside U.S. jurisdiction. These are for animal research only....1, 4, 6, 9, 10, 12, 14, 15, ....17, 18, 20, 25+26+27, 42, 45, 48, 58, 29+86, 87, 71, 105, 106, 107, 123

**Sty**.....1, 14, 17, 20, 58

**Subluxation induced disorders**.....62

**Sun allergy** (consider also that prescription drugs, such as Psoralen, often produce a "sun allergy" due to phototoxic effects on the liver).....78+32

**Sunstroke**.....29, 105, 39, 3, 45, 87, 88, 14, 58

**Surgery** – prevention and control of nosocomial (hospital-acquired) and idiopathic infection.....6, 9, 10, 11+16, 12, 14, 15, .....17, 18, 20, 28, 29, 87, 88, 105, 107, 109

**Surgical pain, post-op recovery**.....3, 45, 40, 57, 44+32

- **Detoxification of anesthesia**.....71, 41, 80, 87, 88, 108, 109, 114

(Note: Anesthesia leaves toxins in body fat, particularly the brain, which may affect the nervous system for years. We have only two frequencies for experiments with detoxification of anesthetics used in surgery. Elimination of side effects due to toxin anesthesia metabolites stored in tissue fat requires post-recovery saunas with electrolyte replacement)

**Swelling** (edema, ankles, etc).....87, 88, 71+41, 29, 105, 14, 17, 20, 6

**Swollen glands**.....14, 17, 20, 58

**Syphilis**.....25+26+27

**Taconites**.....3, 26, 27, 91, 105, 162, 6

**Tachycardia** (also used for pain of arthritis, headache and facial toning).....82

**Teeth, Cavities**.....99

**Teeth, extraction, afterwards**.....3, 45, 51, 68, 6

**Teeth (pain)** Also, see **Pyorrhea**

**This can prevent recovery from other illnesses:** 3, 45, 39, 51, 10, .....11+16, 12, 14, 1, 17, 18, 19, 20, 24+25+27, 28, 4, 5,

**Teeth infection, abscess**.....12 through 29, 49, 50, 6

**Tendomyopathy** (applied to the focus of injury or pain for short periods, from 12 seconds to 3 minutes, depending on need).....3, 33, 34, 40, 46, .....53, 57, 58, 61, 73, 80, 81, 82, 84, 85, 87, 88

**Tetanus**.....125, 27 secondary complications; 14, 17, 20

**Thrombosis, infective / herpes family (not to be used with arrhythmia or in U.S.)**.....4, 5, 6, 9, 11+16, 14, 17, 20, 42, 45, 48, 58, 29+8

Thrush (aphtha, sprue, stomatitis).....	28, <b>also see Candida</b>
Thyroid.....	<i>see hyperthyroid or hypothyroid</i>
Tonsillitis....	82+47, 11+16, 12, 14, 15, 17, 18, 20, 25+26+27, 28, 123, 107
Toothache (see Appendix) (hidden dental and jaw infection or foci will prevent recovery from ANY illness).....	3, 4, 5, 39, 51, 4, 5, 9, 10, 11+16, 12, 14, 15, 17, 18, 20, 24, 25, 27, 28, 49, 50, 87, 88, 108, 109, 114, 6
<b>Also see dental focal</b>	
Tooth extraction, afterward.....	3, 45, 51, 68
Tooth infection, abscess.....	11 through 29, 49, 50, 6
Toxins.....	29, 41, 87, 88, 108, 109, 114, 1, 14, 17, 20, 42, 45, 48, 58
Toxin, mercury.....	47, 50, 51, 100
Trauma (bone surgery, cuts, fractures).6 Min. x 1, 14, 11+16, 17, 20, 31, 6	
This is very valuable to erase cellular memory from pain & trauma.	
Suggest running 4 to 6 sessions.	
Trench Mouth.....	25+26+27 secondary; 14, 17, 18, 20, 25, 26, 28
Trigeminal neuralgia.....	4, 5, 6, 9, 10, 11+16, 14, 15, 17, 18, 19, 20, 25, 88, 68, 56, 105, 106, 107, 109, 114, 116, 112, 121, 122, 125, 124
Tuberculosis (T.B.).....	11+16, 20+22+24, 58, 115, 119, 6
Secondary complications.....	
18, 7, 8, 28, 107	
Typhoid.....	118, 119, 11+16, 22, 9
Ulcers.....	5, 6, 7, 9, 10, 14, 15, 16, 17, 18, 20, 82+47
Urethritis.....	4, 6, 7, 9, 10, 11+16, 12, 14, 15, 17, 18, 20, 25+26+27, 28, 29+86, 42, 45, 48, 82
Urticaria (hives) (often due to parasite toxins: condition becomes worse until all toxins are excreted).....	9, 29, 42, 45, 48, 87, 88, 17, 20, 71
Varicose Veins .....	Run for 4 days then stop for 1 day. Repeat program as necessary
.....	308, 184, 109, 165, 447, 101, 31, 184, 49, 494, 165, 213, 214, 154, 168, 184, 322, 123
<b>Vegetative Dystonia</b> (involuntary muscle dysfunction).....	53
<b>Vein thrombosis</b> (blood clot).....	23
<b>Vertigo</b> , giddiness of unknown cause.....	49+73
<b>Warts</b> .....	4, 5, 6, 7, 8, 9, 10, 12, 20+22+24
<b>Wellness</b> .....	70, 163
<b>West Nile virus</b> .....	455
<b>Worms</b> (see note under parasites).....	42, 45, 48, 58, 29+86
<b>Wound healing</b> .....	14, 17, 20, 37, 39, 58
<b>Wound healing, delayed</b> .....	(those above, plus).....53
<b>Yeast Infection</b> .....	See Candida
<b>Yellow Fever</b> .....	114

## **DRINK GOOD WATER Every Day of Your Life**

Consider buying a purifier as an excellent investment for longer life. Many water distillers are undesirable, because petrochemicals such as pesticides are boiled off from the water in the distillation process and are actually concentrated in the newly distilled water. In summer, distillers overheat the kitchen, warp cabinets and waste electricity.

Distilled water is very beneficial with a 2 week detoxification and cleansing program. For an extended period it can even leach necessary minerals from the body. Its use should be terminated after 2 weeks.

Reverse Osmosis (RO) purifiers are much better. An RO plus carbon filter is far more efficient than carbon filters alone. You can find RO's at some health food stores. Also, check with your frequency instrument distributor.

If distilled or reverse osmosis (RO) water is consumed, be certain to put quality ionic/angstrom size trace and other minerals back into the body. When consuming supplemental minerals, consideration should be given to smaller ionic/angstrom size minerals, such as those found in natural fruits and vegetables (organic preferable), because they can easily pass through cellular membranes. Larger sized minerals (colloidal and larger) will stop at the cellular membrane, and block other mineral nutrients access.

Distilled water (and RO water without charcoal filtration) should not be consumed for any extended period of time, since a decrease of required minerals will be observed. Distilled water particularly should not be consumed for more than two weeks at a time. Distilled water should only be used as a part of a detoxification program due to its greater ability to draw out and carry toxins, poisons, and "**die-off**" debris from the body.

Tap water and water from plastic jugs are somewhat toxic by themselves. Plastic jugs add plasticizers in the water and can often be tasted; plasticizers collect in the heart muscle. There are 5 reported toxins derived from plastic water bottles, all of which have a negative effect on the immune system. See the work of Dr. Hulda Clark for more information.

Supermarket vending machines often sell very pure water (3 to 30 ppm DS). Just bring glass jugs, not plastic. The cost is about 15 to 25 cents a gallon, but this involves trips to refill.

The best drinking water is filtered through a charcoal filter and is slightly alkaline. Longevity of life is associated with regular consumption of water high in minerals. Water that has been treated by distillation (distilled) or the reverse osmosis (RO) process is not considered the best because vital minerals have been removed. Solid charcoal filtration of tap water will create a slightly alkaline water (7.5 pH), which will have health effects on the body. Be sure to periodically change your filters.

Your stomach takes 3 to 7 hours to empty after heavy, greasy meals but can digest fruits, yogurt and vegetables in about one hour. Diluting food with water puts a strain on the pancreas to produce more digestive enzymes for that meal, so the best way to consume all this water is 2 cups on rising, and again 2 cups 20 minutes or so before each meal. That's 8 glasses a day. Or with 2 more at bedtime, that's 10 glasses daily. The difference in how one feels after flushing out toxins is often immediately, clearly and remarkably improved.

**Contact your distributor for information regarding a quality water purification system.**

### **How Much Water Should I Drink?**

The general rule is to consume eight (8) glasses containing eight (8) ounces of water in a 24-hour period.

It is most important to drink eight glasses of water before, during, and after any sessions with the frequency instrument. The purpose is to flush the body system and organs of toxins, poisons, and "*die-off*" debris. Do not allow toxins and poisons to back up in your liver, kidneys and other vital organs of your body. The more chronic the body, the more vital drinking good water becomes. We cannot over emphasize the importance of drinking good quality water for vital health and wellness. The best drinking water is filtered through a solid charcoal filter and is slightly alkaline. Longevity of life is associated with the regular consumption of water high in minerals. Water that has been treated by distillation (distilled)

or the reverse osmosis (RO) process is **not** considered the best because vital minerals are removed. Solid charcoal filtration of tap water will create slightly alkaline water (7.5 pH), which will have healthy effects on the body.

If distilled or reverse osmosis (RO) water is consumed, be certain to put quality trace and other minerals back into the body. When consuming supplemental minerals, consideration should be given to smaller ionic/angstrom sized minerals such as those found in natural fruits and vegetables (organic preferable); these are recommended because they can easily pass through the cellular membranes. Larger sized minerals (colloidal and larger) will stop at the cellular level and block other nutrient access.

Distilled water (and RO water without charcoal filtration) should **not** be consumed for any extended period of time, since a decrease of required minerals will be observed. Distilled water particularly should **not** be consumed for more than **two weeks at a time**. Distilled water should be used only as a part of a detoxification program, when its greater ability to draw out and carry toxins, poisons and "**die-off**" debris from the body is desired.

**CLUSTERED WATER:** Suggested to make your own "**Clustered Water**" using Sequence #647. Best to use glass containers. The Stainless Steel Cylinders/Crystal Generators may be placed within 12 feet of the water and have the intensity knob at full volume (1/4 volume for Crystal Generators). Suggested adding a quartz or other selected crystal in the water for increase of sympathetic resonance.

**Note: Use of Anti-Biotic Drugs and Candida/Yeast Infections**

A common side effect of anti-biotic drugs is destruction of good intestinal flora in the digestive track. Invariably, results may be an overgrowth of Candida or Yeast infections in the body, in either isolated areas, or systemic infections throughout the body. This may show up as bladder infections, tooth infections, psoriasis or other conditions such as excessive intestinal gas/flatulence and bloating. Frequency use for Candida problems may prove most beneficial once anti-biotics have been used. Also, you may check with your health practitioner or health food store for a good quality "probiotic" in order to re-establishing good intestinal flora in your system.

## CELLULAR NUTRITION – CELLULAR REGENERATION

**Degenerative diseases will often disappear with proper cellular nutrition and support.** There are very substantial documented reports and clinical studies regarding coronary heart diseases being reversed out of existence. These reports indicate that there are alternatives, like proper nutrition, to expensive surgeries, expensive drugs, with their debilitating side effects. Conventional medicine, the pharmaceutical industry and their advertising, which support the communications media, do not want you to have this information. There is no money for them if you are in a state of health and wellness.

**How the Body takes in minerals and other nutrients at the cellular level:**

Through the ingestion of food, food supplements, vitamins, and minerals the body takes in nutrients that are digested and carried to the body's extra-cellular fluid which surround each cell. From there it may, or may not, become available for cellular nutrition.

When a cell requires a mineral or other nutrient from the body's extra-cellular fluid outside the cell membrane, it puts out a "positive" electrical frequency message or command for a specific nutrient . . . *each mineral or nutrient carries its own specific negative (-) electrical frequency charge.* The negative charge (-) is drawn to the positive charge (+). If the mineral nutrient is "ionic/angstrom" in size it will be drawn by this frequency command, through the cell membrane and in through the cell receptors and thus provide that cell's nutrient requirement.

**If a mineral or nutrient is colloidal, or larger; too large for cellular ingestion:** When the cellular frequency command is made, the mineral nutrient will be *drawn to and vacuum sucked against the cell membrane and will remain there* to become an obstacle to other nutrients that would normally pass through the cell membrane receptors. As this cell membrane blockage intensifies over time, more and more nutrients are unable to pass through the cell membrane receptors and thus we have the beginning of cellular plaque build-up and starvation. And, guess what, *the aging and disease process is set in place.* A proper description of this condition is **cellular and body "starvation and malnutrition."**



We can and often do gorge on every kind of food only to become **“over fed and under nourished.”** This is not just a problem of minerals or other nutrients being unable to pass through the cell membrane receptors, it also indicates lack of “bio-availability” of nutrients. First it is necessary to ingest proper nutrients, and second, it is necessary to have these nutrients bio-available at the cellular level.

With proper cellular intake of minerals and nutrients, the body is able to produce many of its own necessary vitamins, hormones and enzymes. Enzymes are necessary for the breakdown of foods for proper body and cellular ingestion and nourishment. For this reason consideration should be given to the elimination of the use of fluoride, such as in toothpaste and drinking water, because it blocks enzyme activities in the body. Fluoride is used in rat poison for its ability to block enzyme action, and consequently starve the rat to death. Fluoride will be assimilated homeopathically (sublingually) in the mouth and block enzyme activity in the body's infective processes. Cellular starvation and disease processes result. By eating an abundance of gassed, processed, genetically modified (GM), irradiated and microwave cooked foods, which destroy enzymes, and not replacing necessary enzymes, we continue the cellular starvation process and trigger the onset of chronic disease and/or hunger that leads to cravings and obesity. (See the Merck index for reference of Fluoride for “Rat Poison & Tooth Paste”).

**Calcium and Osteoporosis** is an example of “over fed and under nourished.” The body can be totally saturated internally with calcium and be entirely deficient and starving at the cellular level. When this happens calcium is drawn from the hair, nails and bones leading to osteoporosis. The cell membranes become saturated and calcified with colloidal and larger calcium minerals and other food supplements, which the cells are unable to assimilate. Tragically this cellular calcification will block essential minerals from passing through the cellular membrane receptors. Osteoporosis and other mineral deficiency diseases, and perhaps, most all other diseases, are the result. One of the best sources for bio-available calcium is dark green organic produce. Elk, eating a daily diet of natural grasses and vegetation, annually dispose of nearly 21 pounds of excess calcium (antler discard), and they do not rely on non bio-available calcium supplements.

How to overcome mineral starvation: “Look at the size.” Ionic/angstrom-sized mineral nutrients, when available and as required at the cellular level,

will pass through the cellular membrane and bring homeostasis or balance. When this balance is obtained there is no longer a positive (+) attraction for specific mineral(s) and the excess will wash out of the extra cellular fluid and harmlessly pass out of the body with the urine. Even "iodine" which can normally be poisonous to the body will, when in excess (ionic), pass harmlessly. Calcified plaque and other mineral deposits and blockages on the cell membrane, with the homeostasis or balance, will begin to drop away; vacating the body and thus allow for size appropriate nutrients to enter and nourish the cells.

**Frequency instrument: "detoxification."** Hertz frequencies are used for detoxification at the cellular level. At the cellular level the use of Hertz frequencies are used for clearing and cleansing the excessive mineral calcium deposits and other toxins cluttering the cell membrane, thus allowing them to be flushed from the body. Too rapid a detox and cleansing, without sufficient water drainage and flushing, may bring on the "Herxheimer effect," or mild headache, flu like symptoms, etc. It is vital for the body cleansing and detoxing to cleanup the cellular membranes and allow for cell nutrient entry, nutritional balance and consequent physical, mental and emotional well-being. All anti-aging disease reversal processes begin here.

**Frequency instrument: "parasites."** *Parasites do not starve, the body does.* Parasite elimination is essential. Intestinal/liver flukes and other parasites will take up residence within the tubular passageway structures of body organs, consuming vital hormones and nutrients, and leaving defecation toxins, etc. *This is the primary cause of severe fatigue accompanying cancer or most any disease.* The resulting nutrient starvation and toxic waste are reported to be the primary cause of cancer in the body. Virtually all cancers are a result of nutrient deficiencies. And guess what? Intestinal/liver flukes are the best companions of cancer.

Parasites are often small in size. Flukes are reported to be ½ to 1 ½ inches in size. But one clinic which used frequencies for all incoming cancer patients, then used colonics, reported observing one eliminated fluke like parasite that was 17 inches in length. Most everyone has parasites, even vegetarians, who are reported to readily pick them up from improperly washed vegetables. (Miracle II cleanser or food grade Hydrogen Peroxide are good fruit and vegetable cleaners).

Ever seen an earthworm? It is a magnificent defecation factory. The intestinal/liver flukes operate in the same manner inside the liver. Bacteria and viruses move in as part of the "clean-up" crew. They multiply rapidly and when there is no longer sufficient defecation waste to consume then they begin to consume the weakened organs, such as the liver and kidneys. This is the category of Stage III and Stage IV Cancer. At these stages the importance of first "cleaning the body terrain: detoxing, rebuilding the immune system (which Chemo destroys), cleaning the lymphatic system and removing parasites (intestinal/liver fluke), etc., stages it cannot be over emphasized. Chronic Fatigue, Fibromyalgia, Lyme Disease, Cancer, Diabetes, or virtually any disease elimination process necessitates parasite elimination.

**Frequency instrument: "best results."** Doctors and others using Hertz frequencies report the highest levels of results by starting any wellness program with: "*detoxification and parasite programs.*" It is necessary to cleanse the body and eliminate parasites for any wellness program.

**Frequency instrument: "electrolytes."** Electrolytes, from correct mineral supplement intake, ionic/angstrom-sized, will greatly enhance frequency results. For best results, consume such minerals 15 to 20 minutes prior to instrument use.

Frequency usage is not considered a "stand alone" process or "end in itself." Correct mineral and food nutrient intake for cellular nutrition is most important. The best source for this is natural organic fruits and vegetables. Organic food sources are known to provide up to 300% more nutritional value than conventionally grown produce. Frequency usage will greatly assist in the elimination of unwanted viruses, bacteria, fungi, parasites, etc. They will also assist in detoxing and cleansing the body, build the immune system, and helping in the anti-aging processes. But do not disregard the importance of proper nutrient intake. Consult your distributor for valuable product sources or other information.

***Those who experience the best and quickest results using Bio-Active Frequencies have always started any Program with Detoxification and Parasite Protocols.***

### **BLOOD - THE BASIS OF LIFE**

Health depends on good blood and good circulation of the blood through the brain and body. It is impossible to have good health without good blood.

Blood is sustained by four things; AIR, WATER, FOOD, and SUNSHINE. Before anything else, we must be sure that our blood is supplied with proper amounts of these life-and health-sustaining elements.

### **AIR**

Air is vital to life and health, yet most of us do not breathe properly and are robbing ourselves of the chance to enjoy better health.

In order to have good blood, we must breathe well. We need full, deep inhalations of pure air, which fills the lungs with oxygen and purifies the blood. A good respiration soothes the nerves; stimulates the appetite and renders digestion more perfect; it induces sound, refreshing sleep. An insufficient supply of oxygen causes blood to move sluggishly.

The waste, poisonous matter which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but also the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded, the heart is depressed, the brain is clouded, and thoughts are confused. The whole system becomes depressed, inactive, and susceptible to disease.

### **What can we do about it?**

- Where possible, we need to place ourselves in an environment with copious supplies of pure, unpolluted air.
- Practice good posture in standing and sitting.
- Wear clothing that allows the lungs the greatest freedom possible, avoiding anything constricting or binding.
- Breathe deeply. Shallow breathing is a bad habit. Take in full, deep inhalations of good air. Better yet: inhale fully and deeply

- Avoid poorly ventilated rooms. Never sleep without plenty of fresh air.
- Exercise daily.
- Do not overheat the home. 65 – 70 degrees is the best temperature. It is better to dress more warmly and have a clear mind and good health.

## **WATER**

Pure water should be used plentifully internally and externally every day. Water helps nature free the system of impurities; it cleanses the body tissues, and invigorates the vital organs. Used externally it cleans the skin so that it may do its work of breathing and throwing off body wastes. Water is one of the best ways to regulate the circulation of the blood in the system. It will help to reduce fever, relieve a congested head and aid in many other ailments.

- Drink at least 8-10 (8-oz.) glasses of water daily. One or two warm glasses of water about a half hour before breakfast cleans the stomach and sharpens the appetite for the most important meal of the day.
- Do not drink water or other liquids at mealtimes. Digestion is a chemical process and it is a basic scientific fact that excess water slows down the chemical reaction. Also, the

habit of drinking ice water is a bad one for the stomach.

Water can do more to improve your good health and appearance and to prevent illness than any other single element we eat, drink or swallow. And although bread is the "staff of life" we can live without it (or any food) for almost two months. Without water we would die in just a few days. We drink water, in one form or another, to quench our thirst without ever giving a thought to the fact that, next to the air we breathe, water is the most essential element for life. Aside from parched lips and dehydration (many people live in a dehydrated state), our own waste products would poison us to death if we stopped drinking water or other liquids that are made up almost entirely of water.

Everyone knows we need water to survive. What many people don't realize, however, is that water is just as necessary for glowing health as it is for the continuance of life. If we don't drink enough water, we could end up with too much body fat, digestive complications, poor muscle tone and size, muscle soreness and even water-retention problems. Water also lubricates our joints.

Naturally, we need nutrition, vitamins, and beauty products for appearance and vitality, but if we don't drink enough water, we can

endanger every aspect of our health because water is vital for the chemical reactions in digestion and metabolism. It provides fluids for the blood to carry nutrients and oxygen to the cells. It is necessary to have water even to breathe because our lungs must be moist to take in oxygen and excrete carbon dioxide. So figure one pint of water a day just to replenish what we use for exhaling. In short, without water, air and food won't even work.

We all need lots of water. Swell! But, what about the increased need to dash off to the bathroom frequently? Here's more good news: Naturally bathroom trips happen more often at first, but in a just a few weeks, the bladder will adjust and urination will occur less often but in larger amounts.

Bariatric (obesity) doctors all seem to agree that "proper water intake is the key to weight loss. If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. The minimum amount of water for a healthy person, according to most studies and sources, is at least eight to ten (8 ounce) glasses spread throughout the day and evening. We need more if we exercise a lot, live in a hot climate or if we are overweight. An extra glass of water should be taken daily for every 25 pound of excess weight that a person carries.

Remember, by not drinking enough water, we are inviting a variety of problems into our lives such as excess body fat, poor muscle tone and size, decreased digestive efficiency and muscle soreness, hypertension, and water retention.

Why open a Pandora's Box of trouble and ills? It's cheap and easy to drink water. Many people even find this liquid delicious and refreshing.

## **FOOD**

Faulty nutrition is the foundation of most diseases. Yet, the multitudes of books that have poured from the press have often confused rather than helped people. Consider these fundamental principles of nutrition:

- Eat as simply as possible, and learn to enjoy food in its natural state.
- Avoid highly seasoned, pickled and spiced food, which irritate the stomach.
- Do not overcook food or boil vegetables and throw away their water. Rather, use this vitaminized water in soups and other dishes.
- Do not eat too many mixtures at once. Eat slowly and chew your food thoroughly. Let the mealtime be a pleasant social occasion. Do not



bring your worries to the meal table. Avoid strenuous brainwork immediately before and after eating a meal. Avoid strenuous exercise immediately after a meal.

- Obtain your fruits and vegetables as fresh as possible. The best health food store is your own garden. Choose organic of commercially raised produce.
- Avoid extremes in diet – either excessively rich, spiced, or seasoned foods on the one hand, or an impoverished diet with no variety on the other hand.

### **SUNSHINE:**

**Exposure: stop before skin becomes red.**

There can be no life without light. Get all the sunshine possible, whether you are young or old. It will give a glow to the cheeks and aid in digestion.

### **CIRCULATION:**

We have not considered how blood receives its life from air, water, food and sunshine. Good blood not only depends on a proper and adequate supply of these elements, but it depends on good circulation throughout the body. In order to obtain and

maintain good circulation, observe the following principles of living:

- Correct posture and deep breathing are the first essentials to good circulation.
- Avoid chilled body extremities, which put a double strain on the heart. Clothe the limbs well.
- Obtain adequate exercise and sufficient rest.
- Do not over eat
- A mind that is active, alert, purposeful and cheerful tends to send the blood pounding through the arteries and veins.

### **ELIMINATION**

The body must not only take in substances to maintain life, but it must throw off wastes and poisons. It is most important that all the channels of elimination be in proper working order. If any of these become clogged, life and health are endangered. In order to assist the channels of elimination in doing their work, observe these principles of healthful living:

- Drink adequate water, which cleanses the body internally and helps regularity.
- Cleanse the skin surface daily, and occasionally do something that will cause you to perspire freely.

- Eat foods in their natural state, and avoid highly refined foods.
- Obtain adequate amounts of exercise.
- Chew your food thoroughly.
- Be careful of unnatural, habit-forming laxatives. Some herbs can be effective and safe purgatives when this sort of treatment is necessary.
- Fresh fruits are good, natural laxatives.

### **EXERCISE**

Exercise equalizes the blood circulation, helps the body expel impurities, invigorates and strengthens the bowels, aids digestion, relieves nervousness, prevents disease, strengthens the kidneys and liver, keeps the lungs in good condition and tones up the muscles. Undertake to practice these guidelines of healthful living:

- Exercise daily, preferably in the open air.
- Try to equalize muscle work and brain work as much as possible.
- If your age and health will allow, exercise vigorously enough to induce perspiration.
- Walking is one of the best forms of exercise, as it brings into play almost every muscle of the body.

- The disposition to avoid exercise is a sure sign that death is stealing over you. Shake it off!!

### **REST**

With hard work and exercise, there must be adequate rest. During the sleeping hours, the body is repaired and invigorated for another day. Observe these principles for good health:

- Be regular in hours of rest.
- Sleep with an abundant supply of fresh air in your room.
- If sleep doesn't come, take a short, warm bath. It is relaxing and brings sleep.
- Deep breathing induces sound, refreshing sleep.

### **HYGIENE AND SANITATION**

Sanitation is one of the biggest public health problems facing the world. Some principles to remember:

- The rooms of the house should be accessible to sunlight and have a free flow of air in them day and night.
- Take a daily bath or shower and change and wash clothes frequently, otherwise the poisons that are thrown off through the skin will be reabsorbed back into the body.

- See that you live in clean premises that are kept clean and orderly.
- Never allow decaying fruit or vegetables, or rotting material of any kind to lie around the house.

### **TEMPERANCE**

No survey of the laws of our physical life would be complete without a consideration of the importance of temperance. We should shun that which is harmful. Avoid extremes in anything, and be moderate in the enjoyment of those things which are beneficial. Health is impossible without temperance. Our natural appetites must be kept under the control of enlightened reason. Indulgence of appetite is the greatest single cause of physical and mental debility.

The mind has a vital bearing on physical health. It functions through delicate brain nerves which connect with every part of the body. Much of all sickness has its foundation in the mind. Those who treat disease as merely a physical problem are wide off the mark. In order to enjoy good health, we must pay attention to the laws that govern the proper function of the mind.

The electrical power of the brain is necessary to vitalize the whole system and to resist disease. This

vital electrical force can be developed or squandered.

A vital electrical force is developed by mental activity. An active mind is a wonderful stimulus to life and health. Vigor of mind leads to a vigor of blood circulation. A mind that is possessed of a purpose in life, lawful ambition, and a will to live, energizes the entire system. Just as the body is made strong by exercise, so is the mind. The mental faculties – perception, judgment, memory, observation, etc, - need to be developed by wrestling with hard problems. This vital force can also be squandered by wrong physical habits, by excess in eating and drinking. Without hard things to “chew” it will become soft and feeble. Like the stomach, the mind should have variation in its “food.”

### **THE MORAL LAWS OF LIFE**

Thoughts are accompanied by corresponding feelings. If the thoughts are wrong, the feelings will be wrong.

Negative feelings have a negative poisonous effect on the glands, the blood, stomach, liver, heart and indeed, the whole body.

Remember the words of Saint Paul...

*"Whatever things are true,  
whatever things are honest,  
whatever things are just,  
whatever things are lovely,  
whatever things are of good  
report: if there be any virtue,  
and if there be any praise, think  
on these things."*

### **EMOTIONAL TRAUMA**

Recent research has revealed the results of emotional trauma on the physical body and the vital importance of clearing such trauma from the body's memory system. Physical illnesses and diseases are most often the result of emotional issues that often begin in childhood experiences and show up perhaps decades later in the physical body as disease, etc. A valuable book on this topic:

### **Feelings: Buried Alive; Never Die**

By: Karol Truman

### **Other Suggested Reading:**

### **Politics in Healing**

By Daniel Haley

"The suppression and manipulation of American Medicine." "We have a war on cancer, but the more money we spend on cancer, the more people die of it." "FDA approved pharmaceutical drugs are one of the top causes of death in U.S."

### **The Prevention of All Cancers**

By: Dr. Hulda Regehr Clark, Ph.D.

Suggests: "3 Week Program – succeed in over 95% of cases when you do it all"

### **Natural Cures "They" Don't Want You To Know About**

By: Kevin Trudeau

"Are you aware that the overwhelming majority of what you eat every day is killing you?" "Did you know that the medical profession, in partnership with the pharmaceutical industry, has a huge interest in keeping you sick rather than healing you?"

"Do you realize that the Federal Government is doing everything in its power – and some things well beyond its stated power – to keep all of this a secret?"

### **The Cancer Cure That Worked**

By: Barry Lynes

"Fifty Years of Suppression"

The story of Royal Raymond Rife, born in 1888, one of the greatest scientific geniuses of the 20<sup>th</sup> Century.

### **The Cancer Conspiracy: Betrayal, Collusion and Suppression**

By: Barry Lynes

"Describes in great detail the atrocious actions of those in power and the unapproved remedies of cures that have been suppressed for decades."

## IMPORTANT NOTICE

Please remember that the time to see results varies widely with the condition.

In ACUTE conditions, results may be noticeable in 10 to 20 days, providing the frequencies selected are effective for that condition.

Acute conditions include fever, carpal tunnel syndrome, infections, etc.

It may take 1 to 3 months to see changes in a very advanced degenerative disease, such as certain cancers.

It may also take more time to see change in entrenched viral conditions, especially in the old and in the immune-compromised, because such viruses escape destruction until they reach certain stages.

Other symptoms may take much longer to resolve, particularly if there has been a virus or metabolic damage (as in cancer). Pain relief is a good indication that improvement is occurring.

In arthritis and other inflammatory conditions, pain and swelling may temporarily INCREASE for the first 3 or 4 sessions, unless instructions are carefully followed.

The immune system releases histamine and causes swelling of joints when too many viruses are killed at the same time.

So, for arthritis, an increase in pain and swelling may be a sign that sessions should be reduced one minute per frequency.

Until this technology receives FDA approval, it can be sold for research, experimental, or investigative use only.

For legal reasons, we must state that this and all other material in this manual is intended as a guideline for your use in research and investigative experiments.

**Results may vary!**

**THIS MANUAL IS FOR FREQUENCY  
INSTRUMENT INVESTIGATION, RESEARCH, AND  
EXPERIMENTAL USE ONLY**

**RESULTS MAY VARY**

**Caution!** Do not use this frequency instrument if you are wearing a pace maker, or if you are pregnant or epileptic. With a pace maker consideration can be made for using the Crystal Generators in the Broadcast Mode.

***The contents of this informational manual is for investigation, research and experimental use only and is not intended to replace the advice of a licensed health care professional. No intent is made to diagnose, treat, cure or prevent any disease, disorder, pain, injury, deformity, physical or mental condition, or delay someone in seeking licensed professional health care.***

***This information is not intended to be a substitute for a licensed health practitioner or physician. If you have any questions regarding your health, or require any type of diagnosis do not fail to contact your health care provider.***

***These products have not been evaluated by the U.S. Food and Drug Administration.***